

WHERE GOOD TASTE MEETS GOOD HEALTH

EatingWell®

MARCH/APRIL 2016

40
fresh.
quick
recipes

**MAKE-
AHEAD
DINNER**

*Ready When
You Are*

**#1 Diet
Change
to Get
Healthier
Now**

PAGE 100

**FOODS
TO FIGHT
SEASONAL
ALLERGIES**

*The Better
Way to*
**Make
Waffles**
(even on a weekday!)

**GET
JUICED!**
California
tangerines are
ripe & ready!
Page 62

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DEPARTMENTS

- 2 Editor's Letter**
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- 120 Tastemakers**
Philip Wong & Ann Yang

Tangerine & Roasted Beet Salad with Feta & Pistachios
(page 68)

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FEATURES

62 Tangerine Dream
Growers have discovered a perfect match between the climate of the Ojai Valley and the tiny Pixie tangerine. The result: a fruit with the ultimate balance of tangy, sweet and juicy. It just may be the best citrus you'll ever taste.

BY LAURA FRASER
RECIPES BY LARAIN PERRI

74 An Island Apart

In family living rooms and backyard patios, Cubans nourished an improvised restaurant scene through years of isolation. Take a taste of the island's exceptional food traditions.

BY DARRA GOLDSTEIN

88 A Good Egg

Shannon Hyde's quest to have delicious eggs from happy chickens quickly snowballed into a full-blown egg CSA. Her story is inspiration to get cracking.

BY KATHY GUNST

100 You Need This

You probably aren't eating enough of this nutrient. It's time to change that. Here's your everything guide to fiber.

BY SHAUN DREIBACH



Look for our special publication *EatingWell Soups* on the newsstand or order it at eatingwell.com/ewsoups

editor's letter



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curry, ceviche, fried, grilled, in garlic sauce, you name it. Much of it we caught ourselves. I had breadfruit for the first time. Fried with a little salt, it could easily make me forget about French fries. Unfortunately I'm not sure it would be any better for my health.

A few weeks later we headed to Mexico City and Oaxaca. We couldn't get enough of the street food—chorizo tacos, quesadillas, corn with epazote, cactus salsa and chile-lime grasshoppers. I brought some of those hoppers back to the *EatingWell* team. The reactions were a mix of skepticism, outright refusal and totally game. The most surprising: our nutrition editor took them home for her 3-year-old daughter, Holland, to try. By 9:00 that night Holland showed up on my Instagram feed, proudly munching the critters.

You never know when you'll find something you haven't eaten before or taste a better version of a dish

you love. That's the beauty of traveling. And it's part of what makes *EatingWell* tick. On page 74 you'll read about Cuba's *paladares*, improvised restaurants in homes across the island. Cuba may be on your bucket list, but if you're not getting there any time soon, the recipes for classics like *ropa vieja* and *picadillo*, as well as a pineapple salad and more, will give you a taste right now.

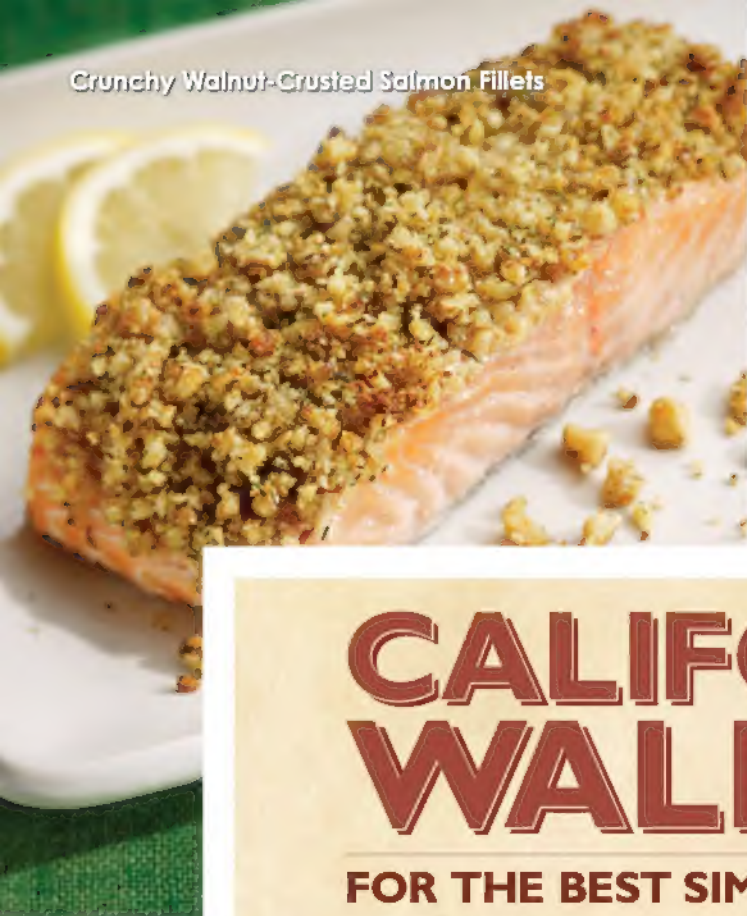
Closer to home, there's Ojai, California, which author Laura Fraser writes about on page 62. This bohemian valley is not only a great spot for a weekend getaway, it's also the mecca of Pixie tangerines, the best orange I've ever tasted. No exaggeration. If you haven't tried these tiny citrus fruits yet, get to the market immediately. Their peak season is March and April.

Throughout the rest of the magazine you'll see the influence of our writers' and editors' food explorations. I especially love the tamarind fish and okra stew (page 40), which food editor Jim Romanoff was inspired to create after his trip to Singapore last year. Right now I don't have my next trip planned. I've got to get on the ball about that. Meanwhile, I'll be here in Vermont, exploring the world in my kitchen, one recipe at a time.

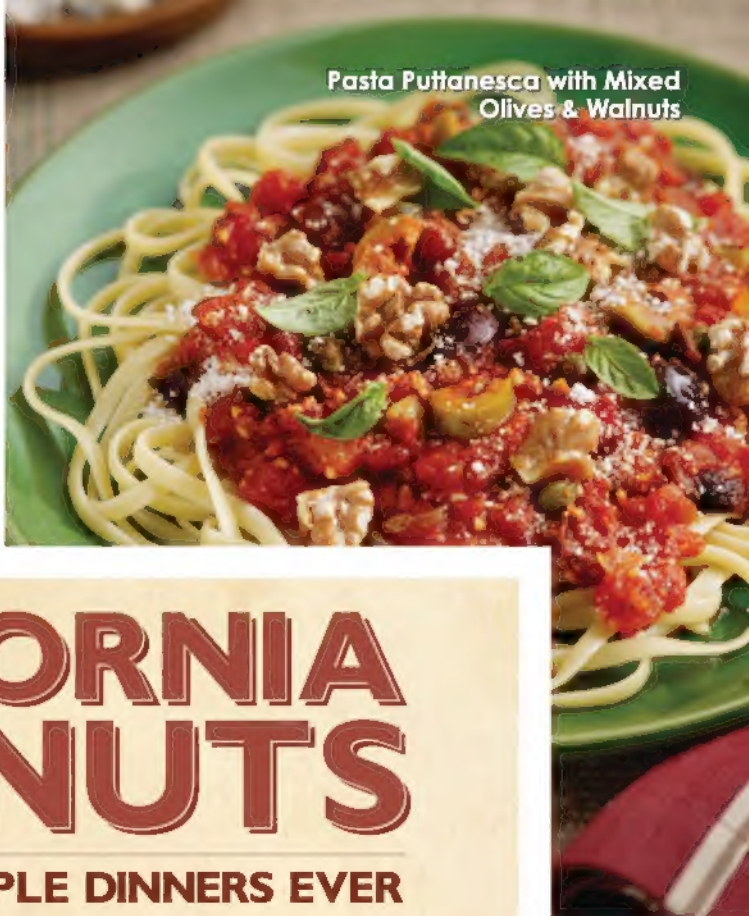
Jessie Price/editor@eatingwell.com

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Crunchy Walnut-Crusted Salmon Fillets



Pasta Puttanesca with Mixed Olives & Walnuts



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Chinese Chicken Walnut Stir Fry



Walnut-Garlic Cheese Stuffed Chicken Breasts



*Supportive but not conclusive research shows that eating 1.5 ounces of walnuts per day, as part of a low saturated fat and low cholesterol diet and not resulting in increased caloric intake, may reduce the risk of coronary heart disease. (FDA) One ounce of walnuts provides 18g of total fat, 2.5g of monounsaturated fat, 13g of polyunsaturated fat including 2.5g of alpha-linolenic acid - the plant based omega-3.



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FEEDBACK

✉ From the cover through *Morsels*, your “new” magazine made my holiday morning an enjoyable one. Renewing my *EatingWell* subscription is a New Year’s priority!
—Lori Wallrath, Iowa City, IA

🐦 @EatingWell you’ve done it again: Jan/Feb issue is excellent!!! Love the chili and bitter foods article[s]! Learned some stuff!
#goodread
—@WatchMiiLose

📷 Pretty much every page has been dog-eared because there’s a recipe I want to try! —@jbarten

✉ I’m a huge *EatingWell* fan; I’ve subscribed for years. Not thrilled with this new one though. It’s all so busy now, with text crammed in everywhere on every page.
—Michelle Moran, Atlanta, GA

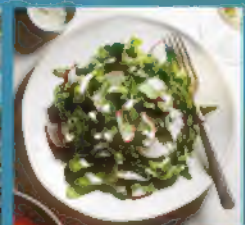


Roasted carrots with turmeric tahini dressing by @reclaimingyesterday

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Posting recipes like **Breakfast Tacos with Kale-Cilantro Chimichurri Sauce** and **Brussels Sprout, Fig, and Feta Ravioli**, vegetarian whole-foods blogger Erin Alderson makes our mouths water. Besides recipes, her *Naturally Ella* blog has video tutorials on everything from basic homemade pasta to that tasty ravioli. Since becoming a mom last year, Erin says her views on food have only been strengthened: “Millennial parents have the ability to change the food system. Hopefully as future generations grow up, we start to really invest in our food, where it comes from, and how it affects our bodies.” —Lucy M. Casale

#HEALTHYHACK

“When I make lasagna, I replace 1/3 of the ricotta with pureed cannellini beans.”

—Katie Ryse

EDITOR’S REPLY:

“Nice work, Katie! That swap adds fiber and cuts calories.”

THE QUIZ

How Well Do You Know This Issue?

1) Monarch butterfly populations are estimated to have declined by nearly ___ percent, in part due to modern agriculture:
A. 90%
B. 20%
C. 70%
D. 50%

2) Which of the following boasts the most fiber?
A. Bran flakes
B. Peanuts
C. Potato
D. Blueberries

3) Tamarind paste is one of the main ingredients in which popular condiment?
A. Teriyaki sauce
B. Tartar sauce
C. Worcestershire sauce
D. Sriracha

4) Which egg label is *not* regulated by the USDA?
A. Cage-free
B. Pasture-raised
C. Free-range
D. Grade A

ANSWERS: 1=C (p.106); 2=D (p.40); 3=C (p.24); 4=B (p.93)

Correction: The cover image for the January/February 2016 issue should have been credited to StockFood/Buntrock.



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chatter

THE BIG QUESTION

In honor of Earth Day (April 22), tell us: How do you go green in your kitchen?

"We're committed to going zero waste in 2016, so we don't bring any disposable items into our home. We bring our own containers to the butcher or meat counter at the grocery store, etc."

 @meredithtested

"Instead of using paper towels for small spills, we grab a clean cloth diaper. They can be reused a few times and then tossed in the washing machine when needed."

 Kate Graham

"Our family of 4 recently started composting and we produce enough food scraps to fill a big bowl every day. I plan to use the compost in my container garden next spring."

Penelope Wall,
EatingWell Senior
Digital Editor

"I buy as much organic and local food as I can—it's good for me, good for the planet and good for the pollinators."

Emily Main (See her story on monarch butterflies, page 24.)



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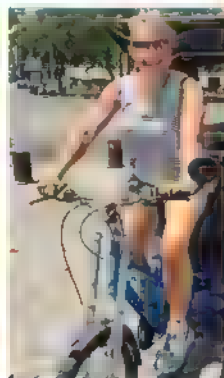
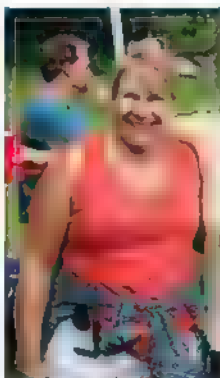
TRANSFORMATIONS

Portion Control Pays Off

Heidi Mathieu watches all the food shows. And she loves *The Chew*: "I work out to it every day on my StairMaster." A self-proclaimed foodie, Heidi loves cooking, too, especially for her family.

The 53-year-old Whitefield, New Hampshire, resident is also a longtime health and PE teacher: one motivator for her recent weight loss. "You don't want to be a physical education teacher who's heavy," Heidi says. In the last two years, she's dropped an impressive 52 pounds, reaching her goal: "What I was in college 143."

A lifelong runner and college track athlete, Heidi started running less after her divorce in 2002. "I got into cooking—and eating, and eating, and eating." By 2006, she saw the impact. At almost 200 pounds, "it wasn't me," she says. For most of the next decade, Heidi yo-yo dieted. Then in 2014, she learned about portion control and everything changed.



Since putting portion control into practice and making regular exercise a priority, slowly but surely Heidi's seen results. "I still eat what I want, but I eat less," she says. She snacks on cheese, drinks wine and eats chocolate. But where her breakfast before might have been four eggs and four pieces of toast, now it's half that. And her lunch, formerly two sandwiches, is now salad with sandwich ingredients as toppings. Heidi is determined to stick to her new healthy habits for life. "This is forever. I can't go back." —L.M.C.

Feeling overwhelmed on Nightly Night

...and you're not alone. Many of us feel overwhelmed by the sheer amount of information available to us. It's easy to get lost in the noise of the internet, social media, and the 24-hour news cycle. But there are ways to stay grounded and focused. One key is to prioritize your time and energy. Another is to take breaks and step away from the screen. And finally, remember that you're not alone. There are many others out there who are also struggling with the same issues. We can support each other and find ways to thrive in a world that can be so overwhelming.



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4 WAYS TO USE IT

Use It All Forgo careful chopping. Use the leaves and stems in tabbouleh, pesto, chimichurri and sa sa verde.

Brighten Your Salad

Add leaves to your lettuce mix for a grassy pop of flavor, and don't stop there—stir chopped fresh parsley into your favorite vinaigrette.

Preserve It

Fill an ice cube tray about two-thirds full with chopped fresh parsley. Top off with olive oil and freeze. Let a few cubes melt into a pot of soup or sauce for great flavor anytime. (To maintain that bright green color, dunk parsley in boiling water for just a few seconds before chopping it, then shock it in an ice bath and pat it dry before making the cubes.)

Green Your Smoothie

Tired of kale or spinach? Try blending 1 cup fresh parsley with 1 green apple, ½ cucumber, ¼ cup lemon juice and 1½ cups cold water for a refreshing drink.

fresh

IDEAS FOR A BETTER YOU

P A R S L E Y

For far longer than its culinary uses, parsley has been praised for its medicinal properties. The source of its power may be two antioxidants, apigenin and luteolin, which have shown anti-cancer effects. Research has also found that people who consumed more of these antioxidants saw improvements in insulin resistance, a precursor to diabetes. And curbing blood sugar spikes can mean less hunger after sugar highs. Another bonus: luteolin may be able to boost your brainpower by reducing inflammation in the hippocampus, an area of the brain associated with short-term memory. —Katie Cavuto, M.S., R.D.

INSIDE

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TRY TABBOULEH Get our recipe and taste parsley in a whole new way at eatingwell.com/webextra

March/April 2016 EATINGWELL 15

Matcha Madness

This Japanese powder is a trendy—and delicious—way to enjoy green tea. By Jessica Migala

Earthy and smooth, matcha isn't your ordinary tea. Unlike other brews where you steep and discard the leaves, this shade-grown Japanese tea is a fine powder that gets dissolved in hot water. Because you consume the entire leaf, you get more antioxidants, such as EGCG, which may help regulate blood pressure. In fact, drinking 12 ounces a day of even regular green tea could reduce your odds of heart disease by 26 percent, according to research in the *Annals of Epidemiology*. Plus, matcha, like regular green tea, contains L-theanine, an amino acid that may help you feel both calm and alert.

Beyond Tea

IN BAKING Give your baked goods a slightly earthy note (and a cool green hue!) by adding 1 to 2 teaspoons of matcha tea powder to any muffin, cookie or pancake recipe.

IN SNACKS Mix $\frac{1}{2}$ teaspoon into a cup of plain yogurt and sweeten with a little syrup or honey for a simple green snack.

IN YOUR BLENDER Add 1 teaspoon of matcha tea powder to your favorite smoothie recipe before blending. The subtle taste goes well with any flavor.

—RECIPES BY MCKEL HILL, R.D.

BE A MATCHA MAKER

Make your own matcha latte. Blend $\frac{1}{4}$ cup boiling water with 1 tsp matcha tea powder in a blender until foamy. Heat 1 cup low-fat milk with 1 tsp honey until almost boiling. Vigorously whisk the milk until frothy. Pour the milk into a mug, then pour in the tea.

MAKES: one 12 oz. latte

CAL 124 / **FAT** 2G (SAT 2G) / **CHOL** 12MG / **CARBS** 18G / **TOTAL SUGARS** 18G (ADDED 6G) / **PROTEIN** 8G / **FIBER** 0G / **SODIUM** 109MG / **POTASSIUM** 390MG

+ MORE MATCHA!
Get more ways to use matcha and green tea at eatingwell.com/webextra

Try It: Urban Remedy Matcha Tea Au Lait is a bottled iced latte made with almond milk and stevia. Each 150-calorie bottle is a good source of iron and calcium (\$5.58).

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Food for Thought

Improve your noodle with these three science-backed brain foods. By Karen Asp

WALNUTS

Go nuts for your brain. Eating walnuts may improve concentration, memory and comprehension speed, says a study in the *Journal of Nutrition, Health & Aging*. The brain boost seems to come from walnuts' high antioxidant content, as well as manganese and copper. To get the benefit, nosh an ounce of walnuts (12-14 halves) daily.

STRAWBERRIES

Older adults who ate about two cups of strawberries every day improved their spatial memory and word recognition, according to a study from the USDA Human Nutrition Research Center on Aging. The researchers also say blueberries may have similar effects. And don't fret if you're not eating fresh; frozen should give you the same benefits.

FISH & THE MEDITERRANEAN DIET

You could shave three to four years of aging off your brain by eating more fish and less meat as part of a Mediterranean diet, suggests research from the *Journal of Neurology*. Three to five ounces of fish and no more than 3.5 ounces of meat daily was associated with less brain shrinkage, which is related to cognitive decline.

“Should I jump on the turmeric tea trend?”



The same golden-hued spice added to curries and in mustard is making waves as the hot new tea.

Deservedly so: turmeric seems to boast a slew of benefits.

Turmeric's oomph comes mostly from the compound curcumin. There's a dizzying amount of research on curcumin that has linked it with improving everything from osteoarthritis to cancer, psoriasis, diabetes and depression. One particularly interesting study out of Vanderbilt found that when mice inhaled curcumin (please don't try this at home), it crossed into the brain and cleaned up plaques that build up and lead to Alzheimer's.

Though much of the research is promising, most uses animals or petri dishes, not people. That said, it's well-established that curcumin is a powerful antioxidant, helping mop up harmful free radicals in your body. It also has anti-inflammatory properties, and keeping inflammation in check is key for conditions like rheumatoid arthritis, irritable bowel syndrome, Crohn's disease and more. Talk to your doc, though, before trying a supplement—it's contraindicated for some conditions.

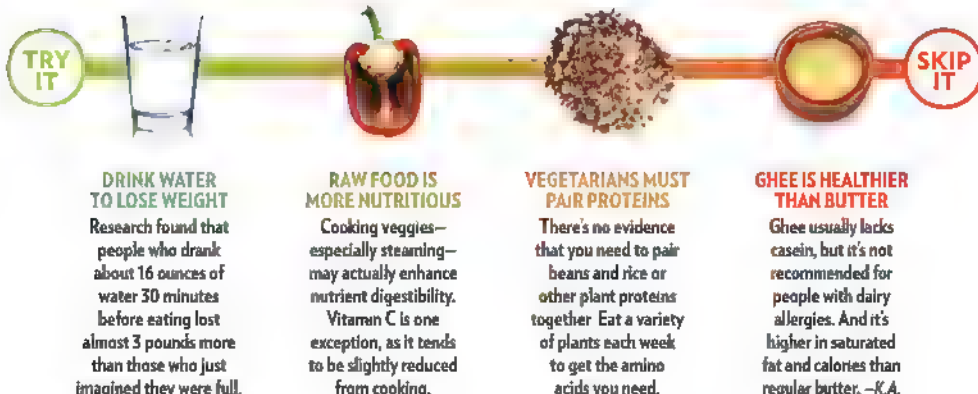
BOTTOM LINE: Drinking or eating turmeric is more likely to help than hinder. It's hard to get too much: at most, a tablespoon of turmeric has 400 mg curcumin and it's safe to take up to 8,000 mg a day for 18 months. Plus, Okinawans—one of the longest-lived peoples—drink turmeric in their tea. And who doesn't want to live longer?

BRIERLEY WRIGHT, M.S., R.D.

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The Truth Meter



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MANY *handsome strangers* I'LL BUMP INTO



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eat better.

Is Red Meat Risky Business?

You've been warned to eat less meat, but the worries may be overplayed. After all, it's all relative. By Karen Ansel, M.S., R.D.N.

Eat a 3½-ounce steak or burger daily and increase your risk of colon cancer by

17%

57,252 Americans die annually from colorectal cancer

The average American eats about 99 pounds of red and processed meat each year. Given how much beef, pork, deli meat (yes, poultry too), hot dogs, sausage and bacon we eat, it's concerning that the International Agency for Research on Cancer (IARC) concluded that eating these meats may promote cancer. Eating 3½ ounces of red meat (or a steak the size of a deck of cards) daily raises colorectal cancer risk by 17 percent. Eating about 2 ounces of processed meat (roughly two slices of deli meat) daily raises this risk by 18 percent. It sounds dangerous, especially in light of headlines comparing meat to tobacco, but let's look beyond the hype.

For starters, the research looks at cancer risk, but what exactly *is* risk? Risk is the chance that something will happen. "Driving recklessly doesn't mean you're definitely going to get into an accident, but it increases the risk or probability that it will happen," says Elisa Bandera, M.D., Ph.D., professor of epidemiology at the Rutgers Cancer Institute of New Jersey. "If you're driving carefully you could still get into an accident, but it's less likely."

The same is true for meat and cancer. Eating more red and processed meat doesn't guarantee you'll get cancer, since factors like genetics, exercise and the

big picture of your overall diet come into play. "If more of your daily calories come from red and processed meat, it's likely that fewer of them come from protective fruits, vegetables and whole grains," says David Katz, M.D., director of Yale University's Prevention Research Center.

In this instance, reviewing 800 studies led the IARC to classify processed meats as a "Group 1 carcinogen," the same status given to cigarettes. So is eating processed meat as harmful as smoking? "No!" says Peter Callas, Ph.D., research associate professor of medical biostatistics at the University of Vermont. "All the IARC said was that they classify both processed meats and smoking as carcinogens. They didn't say anything about the *relative* harms of each."

Being labeled a carcinogen means that it *can* cause cancer, but it doesn't say that it *will*. A risk increase less than 50 percent is considered weak, 51 to 200 percent is moderate and over 200 percent is strong. Smoking ups lung cancer risk by 2,500 percent, so the 17 or 18 percent increase in risk from red and processed meat doesn't come close. And the lifetime risk of getting colorectal cancer is about 5 percent. Increasing this risk doesn't add 18 percent to 5 percent (so not 23 percent), but rather adds 18 percent of 5 percent (about 1 percent), upping the risk to 6 percent.

"The takeaway: reduce your red and processed meat consumption," says Bandera. "You can still eat it, just fill most of your plate with vegetables and grains."



Eating more than 1½ teaspoons of salt daily increases your risk of stomach cancer by

51%

11,261 Americans die annually from stomach cancer



Drinking 2 glasses of alcohol daily increases your risk of breast cancer by

150%

41,325 Americans die annually from breast cancer.



Being overweight or obese increases your risk of esophageal cancer by

200%

14,690 Americans die annually from esophageal cancer.



Smoking cigarettes increases your risk of lung cancer by

2,500%

156,252 Americans die annually from lung cancer.

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Get Healthy at Work

Spring-clean your desk habits to improve your health and well-being

By Marissa Donovan, R.D.

STAND UP WHEN YOU CAN

Workers who used a standing desk burned more calories compared to those using sitting desks, says a study published in the *Journal of Physical Activity and Health*. And standing desks can help improve your posture. But remember: to use a standing desk correctly you shouldn't be standing all day long, so alternate sitting and standing. If a standing desk isn't an option, try getting up during phone calls, meetings and presentations.

EAT ELSEWHERE

Lunching "at desk" could set you up for a more stressful day at work. People who took a 30-minute walk during their lunch break felt less tense or nervous and more enthusiastic compared to days where they spent their lunch chair-bound, found research from the *Scandinavian Journal of Medicine & Science in Sports*. If your boss expects you to work through lunch, mention that a break can improve your performance by preventing burnout.

CLEAN YOUR SNACK SHELF

The food at your desk affects your eating choices. People ate nearly 50 percent more candy when it was on their desk than when it was several feet away, found Cornell University research. "If healthy foods are available at your desk, it's easier to make good choices when you're looking for a snack," explains Sean Cash, Ph.D., food economist and professor at Tufts University. Opt for fruit, nuts or dried chickpeas.



PET NUTRITION

"Are alternative pet therapies safe?"

If your pets are in pain, consider physical therapy, like stretching, treadmill walking or swimming to keep them moving. For example, two months after knee surgery, dogs that had physical therapy were twice as likely to be fully recovered than those that received only pain meds and rest. Look for a specialist with formal training, such as the Canine Rehabilitation Certificate Program or find a practitioner through the Canine Rehabilitation Institute website (caninerehabinstitute.com).

Another therapy gaining popularity is acupuncture, the practice of inserting small needles into specific points on your pet's body to produce a healing response. It's commonly used for muscle or skeletal problems. It is safe and, anecdotally, it may help relieve pain by increasing blood circulation, relieving muscle spasms and releasing natural pain-controlling hormones, but there's little research to support the claims. If you want to try it, seek out a vet with the right credentials, such as Certified Veterinary Acupuncturists, or go to the American Academy of Veterinary Acupuncture website (aava.org).

DEBORAH LINDER, DVM, DACVN
TUFTS UNIVERSITY
CUMMINGS SCHOOL OF
VETERINARY MEDICINE

The Downside of Reusable Bags

YOU'RE HELPING THE ENVIRONMENT BUT ARE YOU HELPING YOURSELF?

Attention eco-conscious shoppers: watch what you put into your reusable bags. A recent study published in the *Journal of Marketing* found that while consumers who bring their own bags to the grocery store tend to purchase more organic items, they also buy more junk food. The findings are unexpected, but researchers attribute them to a psychological phenomenon known as the "licensing effect." After making a "virtuous" decision, like going with a BYO grocery bag, you may feel you have "license" to reward yourself with indulgent foods. Fortunately, "Simply being aware of the effect might mitigate it," says researcher Bryan Bollinger, Ph.D., assistant professor of marketing at Duke University. —Lori Miller Kase





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Aflutter Over Monarchs

Monarch butterflies are a symbol of a healthy agricultural ecosystem, and their numbers have dropped nearly 90 percent over the last 20 years. Here's how to help this beautiful species. By Emily Main

The Butterfly Effect

John Pleasants, Ph.D., has monitored monarchs since the late 1990s, when he and his colleagues discovered the link between the loss of milkweeds on Midwest farms and monarch declines. We interviewed this adjunct assistant professor in ecology, evolution and organismal biology at Iowa State University to understand the scope of the butterfly dilemma.

Why monarchs?

The larvae depend on milkweed. But nearly all of it disappeared when glyphosate (the main ingredient in the herbicide Roundup) use increased due to the production of herbicide-resistant genetically modified crops.

Efforts to bring back monarchs improve resources for all pollinators. For instance, honeybees are having a real problem too, but there are some solitary bees that are less well known and people have a hard time connecting to them. But most people have seen monarchs go through their life cycle when their teachers brought in caterpillars to school, so high-profile

monarchs can garner resources for habitat improvement that will benefit all pollinators.

What can be done?

Many farmers set land aside for government conservation reserve programs—usually it's highly erodible land. Instead of planting grass to prevent erosion, farmers should grow pollinator-friendly flowering plants.

Track monarchs during their migration.

Saving Milkweeds By Cashing In

Milkweed has a reputation for being more pest than profit-maker. But in 2011, François Simard saw new opportunity for this weed. He founded ENCORE3, which manufactures milkweed fiber-filled oil-absorbing barriers, or booms, used to sop up transportation-related oil spills at a rate five times greater than other cleanup materials. Turning milkweed into a cash crop has been a win-win for monarchs and farmers—currently they have 30 Canadian farmers growing milkweed and more on a waiting list to join.

MAKE A BUTTERFLY REST STOP

Monarchs migrate 2,000 miles or more from Mexico to Canada, so turn your yard into a butterfly B&B by planting the right flowers. Check out pollinator.org for plants to try by region.

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hangry (han-gree) adj

Hungry + angry. The crabbiness you feel when your belly is grumbling isn't just in your head. A study from The Ohio State University of married couples showed that those with lower blood sugar felt more hostile toward their spouses than those with normal sugar levels. And a similar study out of the University of Kentucky found that boosting blood sugar levels to "normal" in college students lessened their aggressive behavior. Since glucose fuels your brain, it's likely that if you're running on empty you don't have enough brainpower to keep your emotions in check. Next time you find yourself more ornery than usual, you may just need a snack. *Marissa Donovan, R.D.*

Black Gold

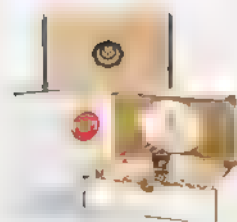
Garlic lovers, get ready to meet a new way to love this ingredient staple: black garlic. The secret to the toasty, caramelized flavor comes from the fermentation process that mellows raw garlic's pungent bite. To make it, first the garlic is fermented for 30 to 60 days before it undergoes a 60- to 90-day aging period.

But don't just eat black garlic for the taste—it's nutritious

too! Research shows that black garlic packs a greater antioxidant punch than its white counterpart, which may boost its heart-healthy properties.

Use black garlic like you would roasted garlic: squeeze it from the papery skin then mash and whisk into dressings or sauces, spread it onto toast or blend with olive oil to use as a base for pizza or with sautéed veggies. Find it online at Black Garlic North America, in spice stores and select grocery stores.

Sara Haas, R.D.N., L.D.N.



Front Door Gourmet

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A BETTER BEAN Check the roast date on your bag of coffee and you'll realize that freshly roasted coffee can be hard to come by. So **Crema.co** connects you directly to the roaster. Within three days of your order, your beans are roasted and shipped—just set your java queue and delivery frequency online. Plus, each brew comes with profiles about the coffee and farmer. **Crema.co; \$15-19 per 12-oz. bag**

WORLDLY DISHES Travel the world in your own kitchen, without the frustration of hunting down specialty ingredients. **Saffron + Kumquats** brings ingredients from all over—Japan, Morocco, Greece and more—right to your kitchen. Each box delivers five ingredient samples from one international cuisine with recipes so you get to be a global chef. **Saffronandkumquats.com; \$20 per month**

GO GRASS FED Grass-fed beef isn't just tasty; it may be better for your heart because of its vitamin E content and fat profile. But only 3 percent of beef consumed in the U.S. is grass-fed, meaning it isn't always available in stores. The solution: **Butcher Box**, a monthly delivery of delicious, beautifully butchered cuts of 100 percent grass-fed beef. **Getbutcherbox.com; \$129 per month for 15 to 20 meals** —Julia Westbrook

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ANGEL HAIR





Eat This for Allergy Relief

Achoo! Gesundheit! When you suffer from allergies, your body launches an immune response against an irritant—pollen, grass, mold—triggering itchy, watery eyes, congestion, a runny nose and general misery. Keep the wheezing and sneezing at bay with a little help from these foods. *By Jessica Migala*

BROCCOLI These little green trees are rich in sulforaphane, an antioxidant that's been found to fight airway inflammation, helping allergy and asthma sufferers stay wheeze-free, research shows. One University of California, Los Angeles, study suggests you only need to chow down on 100 to 200 grams—about one cup—of the super-veggie per day.

SALMON Serve up this sneeze-fighting fish tonight. The omega-3 fats EPA and DHA in salmon act as antioxidants and prevent your body from releasing histamines, chemicals that cells pump out during an immune response causing allergic reactions, notes a study in the *British Journal of Nutrition*. Other omega-3-rich fish to try: mackerel, sardines and tuna.

CITRUS The flavonoid quercetin, found in citrus like oranges and lemons, may help thwart symptoms like sneezing, runny nose and congestion, reports a Japanese study. Quercetin seems to help blunt the expression of the genes that control the histamine response. Apples and red wine are two other quercetin-rich foods.

Q Should I skip sugar, gluten or dairy if I have seasonal allergies?

A Giving up sugar, gluten or dairy for seasonal allergies is unnecessary, says Bassett. The theory is that sugar, gluten and dairy can cause inflammation, which is an immune response. Since allergies are an immune system overreaction, these foods have your immune system on high alert already so your body could be more prone to overreacting to allergens like pollen. So, theoretically, cutting out inflammatory foods will lessen symptoms. The problem? "There's no scientific evidence to support this theory," says Bassett.

Q Will disinfecting everything protect me from allergies?

A Actually, a house that's too clean could put your kids at an increased risk for allergies. For instance, kids of families who washed dishes by hand were 43 percent less likely to suffer from eczema, asthma and allergies than those whose parents used a dishwasher, according to a study in the journal *Pediatrics*. Hand washing removes fewer germs than the dishwasher, and increased exposure to microbes may have a protective effect, helping to shore up children's developing immune systems, researchers say.

What to Watch Out For

There's a link between seasonal and food allergies. It's called oral allergy syndrome (OAS).

When you eat certain foods, your body thinks you're also consuming pollen. "Over half of people who have seasonal pollen allergies may experience 'oral allergy' symptoms that include tingling, itchiness and/or mild swelling of the mouth, lips, tongue and throat after eating certain foods," says Clifford Bassett, M.D., founder and medical director of Allergy and Asthma Care of New York. Here's a look at the foods that may cause OAS. (If you really love these foods, cooking can destroy the problematic proteins, alleviating this effect. Peeling sometimes helps too.)

Allergy: BIRCH POLLEN

Watch out for: Almonds, apples, carrots, celery, cherries, conifer, fennel, hazelnuts, kiwis, peaches, parsley, pears, plums

Allergy: GRASS POLLEN

Watch out for: Celery, melons, oranges, peaches, tomatoes

Allergy: RAGWEED

Watch out for: Bananas, chamomile tea, cucumbers, dandelion greens, echinacea, melons, tomatoes, sunflower seeds, zucchini



Very Berry

- 8 Tbsp Almased
- 12 oz bottled or filtered water
- ½ cup strawberries
- ½ cup plain fat-free yogurt
- ¼ cup blueberries
- Crushed ice

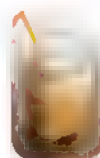
Vanilla Dream

- 8 Tbsp Almased
- 10 oz unsweetened almond milk
- 1 tsp vanilla extract
- Pinch of cinnamon



Caramel Latte

- 8 Tbsp Almased
- 6 oz unsweetened almond milk
- 4 oz cold coffee
- 1 tsp caramel extract



Banana Split

- 8 Tbsp Almased
- 10 oz unsweetened almond milk
- 1 tsp unsweetened cocoa powder
- 1 tsp banana extract



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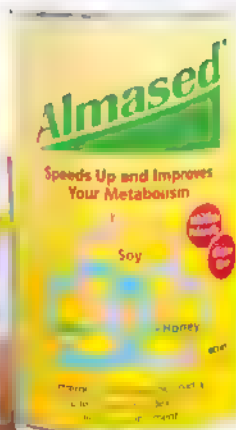
Diet shakes don't have to taste bland or boring, nor do you have to feel sluggish and hungry while trying to lose weight. The delicious smoothies on this page give your metabolism and energy level a natural boost, keep you full for up to four hours and help you burn fat while retaining muscle mass.

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nosh

Go green this
spring with sides
featuring the season's
best: asparagus,
snap peas, spinach
& fava beans

INSIDE

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Pea Shoot & Snap Pea Salad with Sunflower Seeds

ACTIVE: 20 min TOTAL: 20 min

Grassy, sweet pea shoots add another layer of pea flavor to this light spring salad. Look for them near other sprouts or at Asian markets and farmers' markets.

- 2 tablespoons avocado oil or extra-virgin olive oil
- 1 tablespoon rice vinegar
- 2 teaspoons minced shallot
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon ground pepper
- 4 cups pea shoots or sunflower sprouts
- 8 ounces snap peas, trimmed and sliced on the diagonal
- $\frac{1}{4}$ cup toasted sunflower seeds
- $\frac{1}{4}$ cup chopped fresh tarragon

Whisk oil, vinegar, shallot, salt and pepper in a large bowl. Add pea shoots (or sunflower sprouts), snap peas, sunflower seeds and tarragon; gently toss to coat.

SERVES 4: $1\frac{1}{4}$ cups each

CAL 167 / FAT 11G (SAT 1G) / CHOL 0MG / CARBS 13G / TOTAL SUGARS 6G (ADDED 0G) / PROTEIN 5G / FIBER 4G / SODIUM 149MG / POTASSIUM 216MG



Warm Fava Bean & Escarole Salad (Scafata)

ACTIVE: 15 min TOTAL: 15 min

This beautiful spring vegetable dish featuring fava beans hails from Umbria, Italy.

- 2 tablespoons extra-virgin olive oil
- 1 small onion, halved and sliced
- 2 cloves garlic, minced
- $\frac{1}{4}$ teaspoon crushed red pepper, or to taste
- 4 cups coarsely chopped escarole
- 1 cup shelled fresh fava beans (see page 116) or frozen lima beans (thawed)
- 1 cup peas, fresh or frozen (thawed)
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ teaspoon ground pepper
- $\frac{1}{4}$ cup packed chopped fresh basil and/or mint

Heat oil in a large saucepan over medium heat. Add onion, garlic and crushed red pepper; cook, stirring, until softened, 2 to 3 minutes. Add escarole, beans, peas, salt and pepper; cook, stirring, until the escarole starts to wilt, 2 to 3 minutes more. Remove from heat and stir in herbs.

SERVES 4: about $\frac{3}{4}$ cup each

CAL 234 / FAT 8G (SAT 1G) / CHOL 0MG / CARBS 31G / TOTAL SUGARS 5G (ADDED 0G) / PROTEIN 13G / FIBER 13G / SODIUM 307MG / POTASSIUM 647MG





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Japanese-Style Spinach (Gomae)

ACTIVE: 15 min TOTAL: 15 min

Typically you puree sesame seeds to make a sauce to dress gomae; using tahini, which is made from sesame seeds, allows you to skip this step.

- 2½ tablespoons tahini
- 1½ tablespoons rice vinegar
- 1½ tablespoons reduced-sodium soy sauce
- 1 tablespoon water
- 2 teaspoons mirin
- 1 pound spinach, trimmed if necessary
- 1 teaspoon sesame oil
- Toasted sesame seeds for garnish

1. Put a large pot of water on to boil.
2. Meanwhile, whisk tahini, vinegar, soy sauce, water and mirin in a large bowl
3. Cook spinach in the boiling water until it just turns bright green, 15 to 30 seconds for baby spinach, 45 seconds to 1 minute for mature spinach. Drain in a colander and rinse with cold water. Press or squeeze to remove excess water. Add the spinach to the dressing and toss to coat. Drizzle with sesame oil and sprinkle with sesame seeds, if desired.

SERVES 4: about ¾ cup each

CAL 76 / FAT 5G (SAT 1G) / CHOL 0MG / CARBS 6G / TOTAL SUGARS 1G (ADDED 0G) / PROTEIN 4G / FIBER 3G / SODIUM 265MG / POTASSIUM 498MG.

Roasted Asparagus with Parmesan Breadcrumbs

ACTIVE: 15 min TOTAL: 15 min

Hazelnuts and Parmesan mixed with breadcrumbs yield a delectable topping. (Photo: page 33.)

- 2 bunches asparagus (about 2 pounds), trimmed
- 2 tablespoons extra-virgin olive oil, divided
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- ½ cup grated Parmesan cheese
- ½ cup whole-wheat panko breadcrumbs
- 3 tablespoons toasted hazelnuts, chopped
- 2 teaspoons lemon zest

1. Position racks in center and upper levels of oven; preheat to 425°F.
2. Toss asparagus, 1 tablespoon oil, salt and pepper in a large bowl. Spread out on a rimmed baking sheet. Roast in the center of the oven until tender, 10 to 12 minutes.
3. Meanwhile, combine the remaining 1 tablespoon oil with Parmesan, breadcrumbs, hazelnuts and lemon zest. Remove the asparagus from the oven. Turn the broiler to high. Sprinkle the topping on the asparagus. Broil in the upper third of the oven until lightly crisped, 1 to 2 minutes.

SERVES 4: 1½ cups each

CAL 180 / FAT 13G (SAT 2G) / CHOL 6MG / CARBS 12G / TOTAL SUGARS 2G (ADDED 0G) / PROTEIN 7G / FIBER 4G / SODIUM 289MG / POTASSIUM 309MG.



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Quick "Corned" Beef & Cabbage

ACTIVE: 25 m n TOTAL: 45 m n

Traditional corned beef & cabbage sure is tasty, but it's typically loaded with preservatives and sodium. Here we slashed more than 2,300 mg of sodium with our quicker twist on the St. Paddy's Day classic.

- 2 tablespoons pickling spice
- 1 teaspoon dry mustard
- 1 teaspoon kosher salt
- ½ teaspoon ground pepper, divided
- ½ small cabbage, cored and cut into wedges
- 8 small carrots, trimmed
- 2 cups halved baby potatoes
- 4 tablespoons extra-virgin olive oil, divided
- 2 tablespoons malt vinegar or white-wine vinegar
- 1 tablespoon chopped fresh dill, plus more for garnish
- 1 teaspoon whole-grain mustard
- 1 pound skirt steak, trimmed

1. Preheat oven to 450°F
2. Grind pickling spice in a clean spice grinder (or coffee grinder); transfer to a small bowl and combine with dry mustard, salt and ¼ teaspoon pepper. Toss cabbage, carrots and potatoes in a large bowl with half the spice mixture and 2 tablespoons oil. Transfer to a large rimmed baking sheet. Roast, stirring once, until tender, 25 to 30 minutes.
3. Meanwhile, whisk 1 tablespoon oil, vinegar, dill, mustard and the remaining ¼ teaspoon pepper in a small bowl. Set the vinaigrette aside.
4. About 10 minutes before the vegetables are done, cut steak in half crosswise (if it's one long piece) and rub with the remaining spice mixture. Heat the remaining 1 tablespoon oil in a large skillet over medium-high heat. Cook the steak, turning once, 2 to 3 minutes per side for medium-rare. Let rest on a clean cutting board for 5 minutes, then thinly slice against the grain.
5. Drizzle the roasted vegetables with the vinaigrette and serve with the steak.

SERVES 4: 3 oz. steak & 1½ cups vegetables each

CAL 437 / **FAT** 24G (SAT 6G) / **CHOL** 74MG / **CARBS** 27G / **TOTAL SUGARS** 9G (ADDED 0G) / **PROTEIN** 28G / **FIBER** 6G / **SODIUM** 480MG / **POTASSIUM** 1,257MG



Healthy Hacks

1

Skip Additives

Store-bought corned beef is pumped with a brine that includes nitrites or nitrates, types of salts that are used to cure meat—and may contribute to colorectal cancer. To get great flavor without additives, we rub ground pickling spice onto the meat.

2

Buy Better Beef

We opted for skirt steak over brisket for a couple of reasons. First, skirt steak has amazing flavor, unadorned. And it cooks up fast. Our version is done in 45 minutes rather than 3-plus hours for a typical corned beef and cabbage recipe.

3

Roast, Don't Boil

Vegetables often simmer away for way too long, yielding mushy results. We roast the cabbage, carrots and potatoes, which adds a layer of caramelized sweetness. A mustard-dill vinaigrette drizzled on at the end brightens them up.



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BITE OF *grass.*

ENDS WITH A BITE OF *bliss.*

Delicious. BECAUSE NATURE SAID SO.



Sticky Pineapple and Steamed Fish & Okra

ACTIVE: 40 min. TOTAL: 40 min.

- 2 cups water
- 1½ tablespoons tamarind paste or concentrate (see Tip, right)
- 2 tablespoons peanut oil
- ½ cup sliced shallots
- 3 cloves garlic, chopped
- 2 tablespoons chopped fresh ginger
- ½ teaspoon mustard seeds
- 1 tablespoon chili powder
- 1 tablespoon ground coriander
- 2 teaspoons ground cumin
- 2 teaspoons ground turmeric
- 8 ounces fresh okra (about 4 cups), trimmed
- 1 ½ medium white, stemmed and halved lengthwise
- 1 teaspoon brown sugar
- 2 teaspoon salt
- 2 medium tomatoes, cut into wedges
- 1½ pounds cod or mackerel, cut into 4 portions

1. Combine water and tamarind in a small bowl.
2. Heat oil in a large skillet over medium heat. Add shallots, garlic, ginger and mustard seeds; cook, stirring often, until the shallots have softened, 5 to 5 minutes. Add chili powder, coriander, cumin and turmeric; cook, stirring, until fragrant, 1 to 2 minutes. Add the tamarind mixture, okra, chiles, brown sugar and salt. Bring to a simmer. Cover and cook until the okra is tender, 5 to 8 minutes.
3. Add tomatoes and stir to combine. Add fish, submerging the pieces in the liquid as much as possible. Return to a simmer. Cover and cook until the fish is opaque in the center, 5 to 5 minutes.

Serves 4 as a fish & 1½ cups vegetables each

CAL 240 / FAT 5G (SAT 1G) / CHOL 56MG / CARBS 21G / TOTAL SUGARS 5G (ADDED 1G) / PROTEIN 22G / FIBER 5G / SODIUM 381MG / POTASSIUM 759MG

Tamarind Paste

Sticky, sour tamarind paste, or concentrate, is made from the pulp of seedy tamarind tree pods. It's one of the main ingredients in Worcestershire sauce and a key flavor in many Southeast Asian curries as well as Pad Thai. Typically sold in a jar, it keeps indefinitely in your fridge. If you can only find the type sold in blocks, for this recipe "massage" it into the water in Step 1, then strain it before adding it to the pan.



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BREAKFAST / 318 CAL.

Strawberry-Banana Green Smoothie

1 medium banana, 1 cup spinach, ½ cup each low-fat plain Greek yogurt and nonfat milk, 6 frozen strawberries and 1 Tbsp. flaxseeds.

A.M. SNACK / 193 CAL.

1 medium apple with 1 Tbsp. almond butter & a sprinkle of cinnamon.

LUNCH / 375 CAL.

Mediterranean Tuna-Spinach Salad

Whisk 1½ Tbsp. each tahini, lemon juice and water. Stir in a drained 5 ounce can of chunk light tuna in water, 4 chopped olives and 2 Tbsp. each feta and parsley. Serve over 2 cups spinach, with an orange.

P.M. SNACK / 120 CAL.

Cucumber Bites

6 cucumber slices, 2 Tbsp. each hummus and Cheddar & a squeeze of sriracha.

DESSERT / 92 CAL.

Diced mango & kiwi with lime (¾ cup).

DINNER / 400 CAL.

Roast Pork, Asparagus & Cherry Tomato Bowl

ACTIVE: 35 min TOTAL: 50 min

Hummus may seem like an unconventional sauce ingredient, but here we thin it with some hot water to make a rich, creamy drizzle.

- 2½ cups water plus 2 tablespoons, divided
- 1½ cups bulgur
- ¾ teaspoon salt, divided
- 1 pound pork tenderloin, trimmed
- 1 teaspoon dried marjoram
- ¼ teaspoon ground pepper
- 2 tablespoons canola oil, divided
- 1 bunch asparagus, trimmed and cut into 1-inch pieces
- 1 large red onion, chopped
- 1 cup halved cherry tomatoes
- ½ cup finely chopped fresh parsley
- 2 teaspoons lemon zest
- 2 tablespoons lemon juice
- ¼ cup plain hummus

1. Preheat oven to 400°F
2. Bring 2½ cups water to a boil in a medium saucepan. Remove from heat and stir in bulgur and ¼ teaspoon salt. Cover and let stand until tender, about 20 minutes.
3. Meanwhile, sprinkle pork with marjoram,

pepper and ¼ teaspoon salt. Heat 1 tablespoon oil in a large cast-iron or other ovenproof skillet over medium-high heat. Add the pork; cook, turning several times, until browned on all sides, 4 to 6 minutes.

4. Toss asparagus and onion with the remaining 1 tablespoon oil and ¼ teaspoon salt in a medium bowl. When the pork is browned, scatter the asparagus and onion around it. Transfer the pan to the oven and roast until an instant read thermometer inserted in the center of the pork registers 145°F, 12 to 16 minutes. About 5 minutes before the pork is done, scatter the tomatoes over the vegetables in the pan.

5. Transfer the pork to a clean cutting board and let rest for 5 minutes before slicing. Toss the vegetables with the pan juices.

6. Drain any remaining liquid from the bulgur, then stir in parsley, lemon zest and lemon juice. Combine hummus and 2 tablespoons hot water in a small bowl. Divide the bulgur among 4 bowls and top with the pork and vegetables; drizzle with the hummus sauce.

SERVES 4: 1 cup bulgur, 3 oz. pork, ¾ cup vegetables & 1½ Tbsp. sauce each

CAL 400 / FAT 12G (SAT 2G) / CHOL 74MG / CARBS 44G / TOTAL SUGARS 4G (ADDED 0G) / PROTEIN 33G / FIBER 9G / SODIUM 583MG / POTASSIUM 985MG.



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Get Time on Your Side

A make-ahead spring casserole is your weeknight secret weapon



Many of us are familiar with an ailment I like to call “I-don’t-have-time-to-get-dinner-together”-itis. Symptoms include ordering pizza or grabbing a box of chicken nuggets out of the freezer. And while each and every one of us is entitled to convenience food when we need (or want) it, no one is happy when that becomes the default dinner plan.

A make-ahead meal is just the cure for the evening-crunch malady, particularly this creamy pasta casserole with kid-acceptable vegetables. Whip it up the night before (or even in the morning) and you’ll have the pleasure of walking into your house knowing that dinner is ready to pop into the oven. Who has time to make such a great weeknight dinner? Now, you do!

Gruyère, Asparagus & Pea Baked Pasta

ACTIVE: 45 min **TOTAL:** 1¼ hrs

TO MAKE AHEAD: Prepare through Step 4 and refrigerate for up to 1 day; uncover and let stand at room temperature for 30 minutes before topping and baking (Step 5).

- 12 ounces whole-wheat rotini
- 5 tablespoons extra-virgin olive oil, divided
- 2 cups sliced leeks, white and light green parts only
- 1 pound asparagus, trimmed and cut into ½-inch pieces
- 2 cloves garlic, minced
- 1½ cups peas, fresh or frozen (thawed)
- 5 tablespoons all-purpose flour
- 4 cups reduced-fat milk
- 2 teaspoons dry mustard
- 1 teaspoon salt
- ½ teaspoon ground pepper
- 2 cups shredded Gruyère or fontina cheese
- 1 tablespoon chopped fresh tarragon
- ¾ cup whole-wheat panko breadcrumbs

1. Preheat oven to 375°F. Coat a 9 by-13-inch baking dish with cooking spray.
2. Bring a large pot of water to a boil. Cook pasta for 2 minutes less than the package directions. Reserve ½ cup of the cooking water, then drain and rinse the pasta. Transfer to a large bowl.
3. Meanwhile, heat 1 tablespoon oil in a large skillet over medium heat. Add leeks; cook, stirring occasionally, until very tender, 6 to 8 minutes. Add asparagus and garlic; cook, stirring, until the asparagus is tender-crisp, 2 to 4 minutes. Add peas; cook 1 minute more. Transfer to the bowl with the pasta.
4. Add 2 tablespoons oil to the pan and return to medium heat. Sprinkle in flour; cook, whisking, until it starts to brown, 2 to 3 minutes. Whisking constantly, slowly pour in milk, then the reserved water, mustard, salt and pepper. Bring to a simmer and cook, whisking, until the sauce thickens, 2 to 3 minutes. Remove from heat; whisk in cheese and tarragon. Pour over the pasta mixture and stir until coated. Transfer to the prepared baking dish.
5. Combine breadcrumbs and the remaining 2 tablespoons oil in a small bowl and sprinkle over the casserole. Bake until steaming hot, 30 to 35 minutes. Let stand 10 minutes before serving.

SERVES 8: 1¼ cups each

CAL 489 / **FAT** 21G (SAT 8G) / **CHOL** 39MG / **CARBS** 55G / **TOTAL SUGARS** 10G (ADDED 0G) / **PROTEIN** 23G / **FIBER** 9G / **SODIUM** 566MG / **POTASSIUM** 489MG.



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Garlic, Sausage & Kale Naan Pizzas

ACTIVE: 20 min TOTAL: 20 min

We love sausage, but it can take a recipe into sodium-bomb land. Here we fake it by seasoning ground turkey with crushed red pepper, garlic, fennel seeds, paprika and just a touch of salt.

- 3 tablespoons extra-virgin olive oil, divided
- 3 cloves garlic, thinly sliced
- $\frac{1}{4}$ teaspoon crushed red pepper, or to taste
- 12 ounces 93%-lean ground turkey
- 1 teaspoon fennel seeds
- 1 teaspoon paprika
- $\frac{1}{4}$ teaspoon kosher salt, divided
- 8 cups lightly packed prechopped kale or baby kale
- 1 tablespoon red-wine vinegar
- 2 8-inch whole-grain naan breads or whole-wheat pitas
- $\frac{3}{4}$ cup mini mozzarella balls, such as mozzarella "pearls"

1. Position rack in upper third of oven; preheat broiler to high.
2. Heat 2 tablespoons oil, garlic and crushed red pepper in a large nonstick skillet over medium-high heat. As soon as the garlic starts to sizzle, add turkey, fennel seeds, paprika and $\frac{1}{4}$ teaspoon salt. Cook, breaking up the turkey with a wooden spoon, until it is almost cooked, 2 to 3 minutes. Add kale, vinegar and the remaining $\frac{1}{4}$ teaspoon salt; cook, stirring, until the kale is wilted and the turkey is no longer pink, 2 to 3 minutes more. Remove from heat.
3. Place naan (or pitas) on a large baking sheet and brush with the remaining 1 tablespoon oil. Top with equal portions of the turkey mixture and mozzarella.
4. Broil until the cheese is melted and the edges are starting to brown, 2 to 4 minutes. Cut in half.

SERVES 4: $\frac{1}{2}$ pizza each

CAL 498 / FAT 28G (SAT 8G) / CHOL 86MG / CARBS 33G / TOTAL SUGARS 4G (ADDED 2G) / PROTEIN 30G / FIBER 6G / SODIUM 718MG / POTASSIUM 396MG. ▲

Speedy Swaps

1

Naan

This Indian flatbread makes a nice pizza crust when you're in a hurry. It's lower in sodium than our other favorite pizza-dough substitute, whole-wheat pita. Look for it in your supermarket bakery or deli.

2

Mini mozzarella balls

Sometimes labeled "pearls" or bocconcini, these little cheeses are perfect for plopping on a pizza whole. If you can't find them, thinly slice regular fresh mozzarella.

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tofu
+
peanut sauce
+
lime zest
+
Asian pear
+
English cucumber
+
cilantro

romaine
+
ground beef
+
salsa
+
cumin
+
avocado
+
jicama
+
onion

ACTIVE: 25 min TOTAL: 25 min
SERVES 4: 2 wraps each
NUTRITION INFO: Page 118

1. CHOOSE YOUR WRAP

Greens make a low-cal "holder" for dinner compared to buns, wraps or bread. Don't limit yourself to just lettuce—anything sturdy enough to wrap around $\frac{1}{2}$ cup filling works. Separate individual **Leaves** and pick 8 that are similar in size (if you have large leaves, go for 4 leaves cut in half); cut out any tough ribs or stems. Rinse and dry well.

LEAVES

- LETTUCE: ROMAINE, BOSTON BIBB, LEAF, ICEBERG
- CABBAGE: NAPA OR SAVOY
- DARK LEAFY GREENS: KALE OR CHARD

2. PICK YOUR PROTEIN

Protein gives your wraps staying power. Serve it up ground, sliced or diced—any way you choose. Heat 1 Tbsp. **canola (or peanut) oil** in a large nonstick skillet over medium-high heat. Add 1 pound **Protein**, season with $\frac{1}{4}$ tsp. **salt** and cook, stirring often, until cooked through and/or hot, 4 to 6 minutes.

PROTEINS

- TOFU OR TEMPEH, CRUMBLed
- GROUND BEEF, TURKEY, CHICKEN OR PORK
- SHRIMP, PEELED & DEVEINED
- BONELESS, SKINLESS CHICKEN, DICED
- BONELESS BEEF, SLICED
- BONELESS PORK, SLICED
- CANNED BEANS, RINSED



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shrimp
+
plain
Greek
yogurt
+
curry
powder
+
bell
pepper
+
snow
peas
+
basil

kale
+
chicken
+
BBQ
sauce
+
Cajun
seasoning
+
cabbage
+
carrots
+
scallions

3. SEASON IT UP

Add some flavor excitement with one of these sauce-and-seasoning combinations.

Whisk 1 Tbsp. **rice vinegar** in a bowl with 5 Tbsp. **Sauce** and 1½ tsp. **Seasoning**. When your protein's done, remove the pan from the heat, add the sauce mixture and stir to combine.

SAUCES+SEASONINGS

- BBQ SAUCE + CAJUN SEASONING
- GOCHUJANG + GROUND CORIANDER
- PEANUT SAUCE + LIME ZEST
- PLUM SAUCE + CHINESE FIVE-SPICE POWDER
- SALSA + CUMIN
- PLAIN GREEK YOGURT + CURRY POWDER

4. GO BIG ON TOPPINGS

Up the produce ante with some fresh raw toppings. Thinly slice, julienne or dice them to make them easier to wrap up. Prep about 2 cups **Toppings** and ¼ cup **Sprinkles** for 8 lettuce leaves. Spoon some of the sauced-up filling onto each leaf and top.

GARNISHES

- TOPPINGS: ASIAN PEAR, AVOCADO, APPLE, BELL PEPPER, CABBAGE, CARROTS, CUCUMBER, FENNEL, JICAMA, KOHLRABI, RADISH, SNOW OR SNAP PEAS
- SPRINKLES: BASIL, CHILES, CILANTRO, MINT, NUTS, ONION, PARSLEY, SCALLIONS

nosh SUPERFOOD SUPPER

Sweet Potato Carbonara with Spinach & Mushrooms

ACTIVE: 40 min. TOTAL: 40 min.

TO MAKE AHEAD: Refrigerate the raw "noodles" (Step 2) for up to 1 day.

EQUIPMENT: Spiral vegetable slicer

Loaded with veggies, this version of the classic dish achieves superfood status.

Look for large, straight sweet potatoes to make the longest noodles.

- 2 pounds sweet potatoes, peeled
- 3 large eggs, beaten
- 1 cup grated Parmesan cheese
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- 1 tablespoon extra-virgin olive oil
- 3 strips center-cut bacon, chopped
- 1 8-ounce package sliced mushrooms
- 2 cloves garlic, minced
- 1 5-ounce package baby spinach

1. Put a large pot of water on to boil.
2. Using a spiral vegetable slicer or julienne vegetable peeler, cut sweet potatoes lengthwise into long, thin strands. You should have about 12 cups of "noodles."
3. Cook the sweet potatoes in the boiling water, gently stirring once or twice, until just starting to soften but not completely tender, 1½ to 3 minutes. Reserve ¼ cup of the cooking water, then drain. Return the noodles to the pot, off the heat. Combine eggs, Parmesan, salt, pepper and the reserved water in a bowl; pour over the noodles and gently toss with tongs until evenly coated.

4. Heat oil in a large skillet over medium heat. Add bacon and mushrooms and cook, stirring often, until the liquid has evaporated and the mushrooms are starting to brown, 6 to 8 minutes. Add garlic and cook, stirring, until fragrant, about 1 minute. Add spinach and cook, stirring, until wilted, 1 to 2 minutes. Add the vegetables to the noodles and toss to combine. Top with a generous grinding of pepper.

SERVES 5: 1¼ cups each

CAL 312 / FAT 12G (SAT 4G) / CHOL 130MG / CARBS 38G
TOTAL SUGARS 12G (ADDED 0G) / PROTEIN 15G /
FIBER 4G / SODIUM 587MG / POTASSIUM 818MG.

Power Players

Spinach

Dark leafy greens, such as spinach, collard greens and kale, are a surprisingly excellent source of calcium, which helps keep your muscles and nerves at their best. They also give you a healthy dose of iron.



Mushrooms

Mushrooms are one of the few foods that naturally deliver vitamin D, which can stave off chronic diseases, such as diabetes and high blood pressure. That's pretty super, considering the sun is our main source.

Sweet Potatoes

Save 125 calories by swapping noodles made from this bright-orange tuber for spaghetti. Added bonus: enjoy 3g more fiber per serving, cup-for-cup, than white pasta, plus vitamin A and potassium.



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Yeast Waffles

ACTIVE: 50 min **TOTAL:** 4 hrs 50 min (including 4 hrs chilling time)

TO MAKE AHEAD: Refrigerate batter for up to 3 days. Freeze waffles for up to 3 months; reheat in a toaster or toaster oven.

Once you taste the rich, tangy flavor that yeast adds to these whole-grain waffles, you'll never want to go back to regular ones. Keep any leftover batter so you can have weekday waffles hot off the iron in about the same amount of time it takes to toast frozen ones.

- 2¾ cups reduced-fat milk
- 6 tablespoons unsalted butter, cut into pieces, or coconut oil
- 3 cups white whole-wheat flour
- 1½ tablespoons sugar
- 1 package active dry yeast (about 2¼ teaspoons)
- ¾ teaspoon salt
- 3 large eggs, lightly beaten
- 1½ teaspoons vanilla extract

1. Heat milk and butter (or oil) in a small saucepan over medium heat until the butter (or oil) is melted. Let cool until just warm, about 15 minutes.
2. Meanwhile, whisk flour, sugar, yeast and salt in a large bowl.

3. Whisk the milk mixture, eggs and vanilla into the dry ingredients until combined. Refrigerate for at least 4 hours and up to 3 days.

4. Gently stir the batter to recombine. Cook in a preheated waffle iron, according to the manufacturer's directions, using about ½ cup batter per waffle.

SERVES 10: one 6-inch waffle each

CAL 248 / **FAT** 10G (SAT 6G) / **CHOL** 79MG / **CARBS** 32G / **TOTAL SUGARS** 5G (ADDED 2G) / **PROTEIN** 9G / **FIBER** 4G / **SODIUM** 229MG / **POTASSIUM** 173MG

TOP IT OFF
Get the recipe for this luscious Quick Mixed Berry Topping at eatingwell.com/webextra

Need a new waffle maker? We pick our favorites on page 112.

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Stock These Basics

LENTILS

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CANNED SALMON

Omega-3s are just a can opener away. Much of the canned salmon you can buy is wild Alaskan, which is considered a sustainable choice by Seafood Watch.

MIREPOX

Pronounced *meer-pwah*, this is the French word for a mix of onion, carrot and celery. These ingredients are the backbone of many recipes: soups, stews, sauces and more.

Lentil Salmon Salad

ACTIVE: 30 min TOTAL: 30 min

Salmon is often served on lentils in French bistros. Here's a more casual treatment using canned salmon, lentils, carrots and celery—ingredients you should have on hand.

- ¾ cup brown lentils
- ½ cup chopped red onion plus ¼ cup thinly sliced, divided
- 2 cloves garlic, minced
- ¾ teaspoon salt
- ¼ cup extra-virgin olive oil
- 3 tablespoons red-wine vinegar
- ¾ teaspoon dried thyme
- ¼ teaspoon ground pepper
- 1 15-ounce can salmon, drained
- 1 cup carrot ribbons
- 1 cup sliced celery
- 4 lemon wedges for serving

1. Bring a medium saucepan of water to a boil. Add lentils and chopped onion, reduce heat to maintain a lively simmer and cook until the lentils are just tender, 11 to 13 minutes. Drain well.
2. Meanwhile, mash garlic and salt into a paste with the side of a chef's knife (or a fork). Transfer to a medium bowl and whisk in oil, vinegar, thyme and pepper.
3. Remove any skin and/or bones from salmon; flake the salmon into a large bowl. Add sliced onion, carrot and 3 tablespoons of the dressing; gently toss to coat. Add celery and the lentils to the remaining dressing; gently stir to combine. Divide the lentils among 4 bowls, top with the salmon salad and serve with lemon wedges.

SERVES 4: 1½ cups each

CAL 341 / **FAT** 15G (SAT 2G) / **CHOL** 24MG / **CARBS** 25G / **TOTAL SUGARS** 4G (ADDED 0G) / **PROTEIN** 26G / **FIBER** 9G / **SODIUM** 723MG / **POTASSIUM** 529MG





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Begin with Ben



Russian Tortellini Soup & Quick Beet Salad

ACTIVE: 30 min TOTAL: 30 min

Many cultures have a version of dumplings; for Russians, they're called pelmeni. One of the ways they're often served is in a cabbage-studded soup. We substituted easier-to-find tortellini with great results, but if you can find pelmeni, go ahead and use them.

SOUP

- 2 tablespoons extra-virgin olive oil
- 1 medium onion, quartered and sliced
- 5 cups low-sodium chicken broth
- 4 cups prepared coleslaw mix
- 10 ounces cheese- or meat-filled tortellini (about 3½ cups fresh or 2½ cups frozen)
- ½ teaspoon salt
- ¼ teaspoon ground pepper
- ½ cup chopped fresh dill

SALAD

- ¼ cup reduced-fat sour cream
- 1 tablespoon prepared horseradish
- 1 tablespoon chopped fresh dill
- 2 teaspoons extra-virgin olive oil plus 1 tablespoon, divided
- ¼ teaspoon ground pepper
- ½ teaspoon salt
- 2 8- to 9-ounce packages precooked baby beets, cut into ¼-inch slices or wedges
- 1 teaspoon white-wine vinegar

1. To prepare soup: Heat 2 tablespoons oil in a large saucepan over medium heat. Add onion and cook, stirring, until softened, about 4 minutes. Add broth; bring to a boil over high heat. Reduce heat to a simmer and cook for 5 minutes. Add coleslaw mix, tortellini, ½ teaspoon salt and pepper; cook until the tortellini are hot, 4 to 6 minutes. Remove from heat and stir in ½ cup dill.

2. To prepare salad: While the soup cooks, combine sour cream, horseradish, dill, 2 teaspoons oil, pepper and salt in a small bowl. Toss beets with vinegar and the remaining 1 tablespoon oil. Serve the beets topped with the sauce.

SERVES 4: 1¾ cups soup & ⅔ cup beets each

CAL 483 / **FAT** 22G (SAT 6G) / **CHOL** 36MG / **CARBS** 56G / **TOTAL SUGARS** 13G (ADDED 0G) / **PROTEIN** 19G / **FIBER** 6G / **SODIUM** 872MG / **POTASSIUM** 865MG

+ DOUBLE QUICK Find more 30-minute dinner recipes at eatingwell.com/webextra



How to Go Fast

1

Tortellini

Keep fresh or frozen tortellini on hand and you'll never question what's for dinner. Here we cook them in broth with vegetables for a soup that's on the table in less than 30 minutes.

2

Precooked Beets

Beets may not sound weeknight-friendly, but you can find cooked, peeled beets in the produce section of many large supermarkets. They don't have any additives—you'll see just "beets" on the ingredient list.

3

Coleslaw Mix

Coleslaw mix is a product that typically includes shredded cabbage and carrots. Toss any leftovers with lime juice for a crunchy taco topping or a creamy dressing to top pulled pork sandwiches.

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KERRYGOLD IRISH CHEESE BOARD with Fig Chutney

A spread of Irish cheeses, made with milk from grass fed cows, serves as a simple, elegant appetizer or **St. Patrick's Day** party hors d'oeuvre. Estimate 4-6 ounces per person and select a range of **Kerrygold cheeses**—Dubliner cheese, Barney Castle for mild, nutty options, Reserve Cheddar and Vintage Dubliner for lovers of sharp, piquant cheeses.

Ingredients:

FOR CHEESE BOARD

- * Dubliner Cheese
- * Barney Castle Cheese
- * Reserve Cheddar
- * Vintage Dubliner



FOR THE FIG CHUTNEY

- * 2 tbsp olive oil
- * 2 red onions, thinly sliced
- * 1 small cooking apple, peeled, cored and chopped
- * 6 oz (1 cup) ready-to-eat dried figs, chopped
- * 2 tbsp balsamic vinegar
- * 4 fl oz (1/2 cup) red grape juice
- * 2 tbsp dark brown sugar
- * 1 tsp chopped fresh thyme
- * Salt and freshly ground black pepper

Directions:

To make the cheese board, spread the cheeses on a wooden board or slate and allow them to sit at room temperature for half an hour before serving to bring out their flavors.

To make the chutney, heat the olive oil in a large pan and add the red onions. Cook for 10 minutes until softened, stirring occasionally. Stir in the apple, figs, balsamic vinegar, grape juice, sugar and thyme until well combined. Cook for 10 minutes until slightly reduced and thickened, stirring occasionally. Season to taste. Blend in a food processor for 1-2 minutes until smooth, cool completely. Store in an airtight container.

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Zangerine

dream

By Laura Traser • Recipes by Laraine Perlin
Location Photography by Fred Greaves • Food Photography by Gavin Kravets

From the Topatopa Mountains overlooking Ojai, California a town just far enough north of Los Angeles to be surrounded by farms—the valley floor is a swath of green dotted with orange and the air is sweetly perfumed with citrus. Sun-drenched Ojai has been renowned as a citrus-growing locale since more than 100 years ago, when farmers sent crates of their famous oranges by train to the White House. Today, farmers in the valley still grow citrus, but can't compete with big agribusinesses in selling oranges, so they've focused on an unusual variety that flourishes only here: Pixie tangerines.

Small and seedless, Pixies are easy to peel and burst in your mouth with sweetness and an edge of tang. Pixies, clementines, satsumas, Dancys and W. Murcotts are all types of mandarins, the way Fuji and Honeycrisp are varieties of apples. Mandarins are an original species while oranges are actually a mandarin-pummelo cross, says Tracy Kahn, Ph.D., a botanist who is curator of University of California Riverside's Citrus Variety Collection. She prefers the term "mandarin" to "tangerine," since the latter is a nickname that started when mandarins came to Florida from the Moroccan port of Tangiers in the 1870s.

Locally, Pixies have become so popular that Ojai has renamed April "Pixie Tangerine Month," and everyone gets into the spirit. Restaurants create special tangerine tasting menus,

artisanal-spirit makers add Pixie peels to their gin, bars hold "Pixology" cocktail classes, spas put Pixie scrubs on the menu and even golfers tee up with orange balls. The star of the festivities is the bumpy Pixie tangerine itself. Each one seems to concentrate all the flavor of a much larger orange into its bonsai size, barely bigger than those Ojai golf balls.

At the Ojai farmers' market in April, Pixie farmers, such as Emily Ayala of Friend's Ranches, do a brisk business at their stands. The market is overflowing with bright citrus of every variety—blood oranges, Valencia oranges, W. Murcotts—but it's the Pixies that sell fastest.

By noon, Friend's has already sold out of 150 pounds of the diminutive mandarins. Two million pounds of Pixies will come out of the valley this year, from 240 acres of trees by a cooperative community of 52 small, independent growers—some of whom have only a few trees in their backyards.

Ayala comes from a long line of citrus growers. Her great-grandmother homesteaded their orchard when Benjamin Harrison was president, and her grandfather, Elmer Friend, started the Ojai Pixie trend. A chronic experimenter who realized that the economics of agribusiness had made it impossible (and dull) for a small farmer to make a living selling oranges, Friend grew odd varieties of citrus to see what else might thrive. Around 1970, he





Jim Churchill (right) has over 1,000 Pixie trees at his family farm. Throughout the Ojai Valley, these tangerines start to ripen in March and are sold nationwide until they run out in May or June.

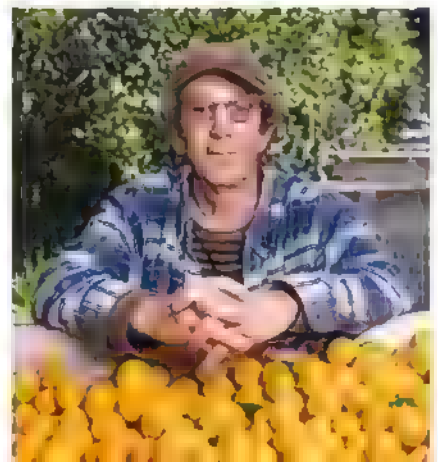
planted a new type of mandarin that the Citrus Experiment Station at UC Riverside had created by crossing various varieties, hoping to create a better mandarin. The botanists were disappointed: instead, it was small and warty and tasted watery and bland—at least in most parts of the state where farmers experimented with it.

But Friend lucked out: it turns out that mandarins are very sensitive to microclimates, and in Ojai the conditions were perfect—the sun is hot enough to develop sweetness, but the nights and the season are cool enough to let the fruit hang on the tree to develop a balancing tang. “You can grow Pixies elsewhere, but they don’t taste as good,” says Ayala.

While Elmer Friend may be responsible for finding the Pixie a nurturing home in the Ojai Valley, another farmer, Jim Churchill, gave it the boost that helped make this mandarin the success it is today. His parents had an avocado ranch that specialized in Bacon avocados, a variety that had become unpopular by the late ’70s when everyone started eating the more shipping-friendly Hass. When he took over the farm, he wasn’t sure what he wanted to grow until he grabbed a funny-looking little mandarin out of a bin at Friend’s Ranches. “I took a bite and *boing*,” he says. “I’d never tasted anything so good.” He immediately planted 80 Pixie trees.

Growing the trees turned out to be the easy part. It took Churchill and his wife, Lisa Brenneis, 10 years before they made any money from their crop. “We didn’t know anything about selling tangerines,” admits Churchill, who, like his wife, had been in the film industry. At the time, people thought tangerines had a strict season—around Christmas—and Ojai Pixies ripen later, which made wholesalers suspicious of the fruit.

The couple began making inroads with chefs and specialty markets. One chef who tasted a Pixie suggested Churchill visit the Monterey Market in Berkeley, where the owner, Bill Fujimoto, immediately ordered a pallet of the fruit. “We said, ‘What’s a pallet?’” Churchill recalls. Fujimoto schooled them in selling their



Ojai Valley

Though Ojai is just 30 miles from California's central coast winemaking region, the valley's microclimate makes it tricky to grow grapes. If you visit, here are some wines from the valley and the surrounding region to seek out.

Stop in at the Ojai Vineyard to sample the **2014 Viognier**, Roll Ranch Vineyard (\$30). Or try wines from the central coast, such as the peach-blossomed **2014 Tatomer Meeresboden Grüner Veltliner**, Santa Barbara County (\$28); the stunningly soft, cherry-flavored **2013 A Tribute to Grace Grenache**, Santa Barbara Highlands (\$48); or the crisp **2014 Foxen Chenin Blanc**, Ernesto Wicken-den Vineyard, Santa Maria Valley (\$25).



Tangerine
Bok Choy &
Beef Stir-Fry
(page 70)

peculiar fruits—setting a fair price, telling them how to pack, truck and even pick them. For years, the Monterey Market bought their entire crop and, buoyed by that success, the Churchills planted more.

Then the pastry chef at the famed Berkeley restaurant Chez Panisse showcased the Pixie on the dessert menu one night, mentioning its origin. “That was a real endorsement,” says Churchill, and the Pixie became associated with Ojai. “Now our fruit is a lot more glamorous than we are, especially during harvest season,” says Brenneis.

Even as a cult following developed for the fruit, Churchill and Brenneis realized that it would be hard to increase the market for Pixies by themselves, but word of the Pixies’ success convinced some of their neighbors to start planting the trees. Many of the independent small farmers were eager to do something other than farm for a big orange supplier. Friend’s Ranches increased their crop, a former Christmas tree farm switched over, schoolteachers planted trees in their backyards, and soon the whole valley was covered with Pixies.

“Jim Churchill developed the market for Pixies,” says botanist Kahn. She says it’s hard to develop a market niche in mandarins. Big companies market different varieties under trademark names, such as “Cuties,” which aren’t variety names at all. They box different fruits as they ripen and you never know whether you’re getting clementines, W. Murcotts or tangos. Pixies, on the other hand, are a real variety. “The Pixie growers have a relationship with each other, which has helped them create a popular specialty mandarin,” she says.

The Ojai Pixie growers recently gathered for a photo celebrating 25 years of working together. Their fruit has become a bona fide tourist attraction in Ojai, where people flock in April just to take home boxes of them. “We take pride in our Pixies,” says Ayala. “Our big growing secret is that we keep them on the trees until they’re ripe.” Unlike citrus that is grown to withstand shipping, these tangerines are grown for their exceptional flavor in a place where they truly thrive.

LAURA FRASER is a journalist and the author of the memoirs *An Italian Affair* and *All Over the Map*. **LARAINÉ PERRI** is a New York City-based food writer and recipe developer.

Workers from Magaña Labor Services help harvest Pixies during the busiest weeks of the season at Churchill Orchard. Magaña’s workers have been picking here and elsewhere in the Ojai Valley for almost 20 years. The company keeps them steadily employed, plus gives them health insurance and sick leave.



Chicken Tacos with

ACTIVE: 50 min **TOTAL:** 50 min

TO MAKE AHEAD: Refrigerate crema (Step 3) and slaw (Step 4) for up to 4 hours.

These fresh-tasting tacos are bursting with the essence of the Pixie, which adds flavor to both the crema and crunchy slaw toppings.

CHICKEN

- 1 teaspoon ancho chile powder (see Tip, page 116)
- $\frac{1}{2}$ teaspoon ground cumin
- $\frac{1}{2}$ teaspoon garlic powder
- $\frac{1}{2}$ teaspoon kosher salt
- $\frac{1}{4}$ teaspoon ground pepper
- 1 pound boneless, skinless chicken breasts, trimmed

CREMA & SLAW

- 4-5 Pixie tangerines or clementines, divided, plus wedges for serving
- 1-2 limes, divided, plus wedges for serving
- $\frac{1}{2}$ cup reduced-fat sour cream
- $\frac{1}{2}$ teaspoon kosher salt, divided
- 2 teaspoons canola oil
- 2 cups packed thinly sliced red cabbage
- $\frac{1}{4}$ cup chopped scallions
- 2 tablespoons chopped fresh cilantro
- 8 whole-wheat flour tortillas (6-inch), warmed

1. To prepare chicken: Combine chile powder, cumin, garlic powder, $\frac{1}{2}$ teaspoon salt and pepper in a small bowl. Place chicken between sheets of plastic wrap and pound with the smooth side of a meat mallet to an even $\frac{1}{2}$ inch thickness. Sprinkle the chicken with the spice mixture; set aside.

2. Zest and juice enough tangerines (or clementines) and limes to get 1 teaspoon zest of each and 1 teaspoon plus 2 tablespoons juice of each.

3. To prepare crema: Combine 1 teaspoon each of the tangerine zest and lime zest, 1 teaspoon each of the tangerine juice and lime juice, sour cream and $\frac{1}{4}$ teaspoon salt in a small bowl. Set aside.

4. To prepare slaw: Combine the remaining 2 tablespoons each tangerine juice and lime juice, $\frac{1}{4}$ teaspoon salt and oil in a medium bowl. Peel 3 tangerines and halve the segments. Add to the bowl along with cabbage, scallions and cilantro; toss to coat.

5. Coat a grill pan with cooking spray and heat over medium-high heat or preheat an outdoor grill to medium-high. Grill the reserved chicken until no longer pink in the middle, 3 to 4 minutes per side. Transfer to a clean cutting board; let rest for 5 minutes, then slice.

6. To assemble the tacos, drizzle tortillas with a little crema and top with chicken, slaw and a little more crema. Serve with tangerine and lime wedges, if desired.

SERVES 4: 2 tortillas, $\frac{3}{4}$ cup chicken, $\frac{3}{4}$ cup slaw & 1 Tbsp. crema each

CAL 379 / FAT 10G (SAT 3G) / CHOL 74MG / CARBS 54G / TOTAL SUGARS 8G (ADDED 0G) / PROTEIN 31G / FIBER 6G / SODIUM 735MG / POTASSIUM 641MG.



ACTIVE: 15 min TOTAL: 25 min

Sweet tangerines balance the briny olive tapenade, making a flavor-packed topping for fish fillets (or even chicken or lamb).

- 3** 5 Pixie tangerines or clementines, divided
1/4 cup pitted Kalamata or green olives
1 teaspoon capers, rinsed
1 small clove garlic, minced
1 teaspoon finely chopped fresh thyme
1 tablespoon extra-virgin olive oil
1 1/4 pounds halibut (see *Tip*, page 116),
cut into 4 portions
1/2 teaspoon kosher salt
1/2 teaspoon ground pepper

1. Preheat oven to 400°F. Line a rimmed baking sheet with parchment paper.
2. Grate 1/2 teaspoon zest from 1 tangerine (or clementine) and squeeze 1 tablespoon juice. Coarsely chop olives, capers, garlic, thyme and the zest together on a cutting board (or process in a mini food processor until coarsely chopped). Transfer to a small bowl; stir in oil and the juice.
3. Peel the remaining fruit and cut into 1/4-inch slices. Arrange 4 “beds” of slices on the prepared pan, making them about the size of each portion of fish. Place a piece of fish, skinned side down, on each bed. Sprinkle the fish with salt

and pepper, then spread about 1 tablespoon of the tapenade on each portion.

4. Bake the fish until the thickest part flakes with a fork, 8 to 10 minutes per inch of thickness.

SERVES 4: 4 oz. fish each

CAL 211 / FAT 7G (SAT 1G) / CHOL 69MG / CARBS 8G / TOTAL SUGARS 5G (ADDED 0G) / PROTEIN 27G / FIBER 1G / SODIUM 360MG / POTASSIUM 731MG.

ACTIVE: 45 min TOTAL: 1 3/4 hrs

This salad replaces lettuce with beet greens or chard. If you're lucky enough to find beets with their greens attached, use those, but you'll likely need more—buy extra beet greens or chard. (Photo: page 1.)

- 2 medium beets, trimmed
4 cups chopped beet greens or chard
8 Pixie tangerines or clementines
1 tablespoon sherry vinegar
1/4 teaspoon Dijon mustard
1/2 teaspoon kosher salt, divided
Ground pepper to taste
6 teaspoons extra-virgin olive oil, divided
1/4 cup crumbled feta cheese
1/4 cup coarsely chopped toasted unsalted pistachios

1. Preheat oven to 375°F.

2. Scrub beets well; wrap in foil while still wet and place in a small baking pan. Bake until the tip of a knife slips into a beet easily, 1 to 1 1/4 hours. Let cool, still wrapped, for 15 minutes. Unwrap and let cool for 10 minutes more. Use a paper towel to rub the skins off. Trim off the ends. Slice the beets into wedges or slices. Rinse and drain beet greens (or chard), leaving a little water still clinging to them; set aside.

3. Grate 1/2 teaspoon zest from 1 tangerine (or clementine). Slice the ends off all the fruit, then slice off the peel and white pith, following the curve of the fruit. Cut the fruit into segments or slices and set aside. Combine the zest with vinegar, mustard, 1/4 teaspoon salt and a generous grinding of pepper in a medium bowl. Whisk in 4 teaspoons oil. Add the sliced beets and toss to coat; let stand for 15 minutes.

4. Heat the remaining 2 teaspoons oil in a large nonstick skillet over medium heat. Add the greens and remaining 1/4 teaspoon salt; cook, gently stirring, until just wilted, 2 to 3 minutes.

5. Divide the greens among 4 salad plates. Top with the beets, fruit, feta and pistachios. Drizzle with any remaining dressing.

SERVES 4: 1 cup each

CAL 227 / FAT 13G (SAT 3G) / CHOL 8MG / CARBS 26G / TOTAL SUGARS 18G (ADDED 0G) / PROTEIN 5G / FIBER 5G / SODIUM 325MG / POTASSIUM 660MG



TAKE a STEP on NATURE'S PATH



Delicious pumpkin seeds, nutritious flax, and wholesome oats –
a healthy organic breakfast to get you on *your* path.

ACTIVE: 25 min **TOTAL:** 1½ hrs

TO MAKE AHEAD: Loosely wrap and store at room temperature for up to 1 day.

Deliciously caramelized Pixies are the “upside” on this heady vanilla cake. (Photo: page 62.)

- ½ cup packed dark brown sugar
- 4 tablespoons unsalted butter, at room temperature, divided
- 6 Pixie tangerines or clementines, unpeeled
- 1½ cups white whole-wheat flour
- 1½ teaspoons baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt
- 2 tablespoons canola oil
- ¾ cup granulated sugar
- 2 large eggs
- 2 teaspoons vanilla extract
- ¾ cup buttermilk

1. Preheat oven to 350°F. Coat an 8- to 9-inch round cake pan with cooking spray; line the bottom with parchment paper and spray the paper.
2. Heat brown sugar and 2 tablespoons butter in a small pan over medium heat until the butter melts. Spread in the prepared pan, leaving a ¼-inch border around the edge. Grate ½ teaspoon zest from 1 tangerine (or clementine); set aside. Cut a thin slice off the stem end of each fruit, then slice into ¼-inch rounds. Place a slice in the center of the pan; arrange the remaining slices in slightly overlapping circles out to the edge.
3. Whisk flour, baking powder, baking soda and salt in a medium bowl.
4. Beat the remaining 2 tablespoons butter, oil and granulated sugar in a large bowl with an electric mixer until light and fluffy, about 2 minutes. Beat in eggs, one at a time. Mix in vanilla and the zest. With the mixer on low, blend in the

flour mixture alternately with buttermilk, making 3 additions of the flour mixture and 2 of the buttermilk and mixing until just combined. Pour the batter into the pan, smoothing the top.

5. Bake until a toothpick inserted in the center comes out clean, 40 to 50 minutes. Cool for 10 minutes on a wire rack. Run a knife around the edge of the pan and invert the cake onto a cake plate.

SERVES 10: 1 slice each

CAL 251 / FAT 9G (SAT 4G) / CHOL 50MG / CARBS 40G / TOTAL SUGARS 26G (ADDED 21G) / PROTEIN 5G / FIBER 3G / SODIUM 305MG / POTASSIUM 157MG

ACTIVE: 30 min **TOTAL:** 30 min

Ojai Pixie juice along with savory oyster sauce are the foundation of the sauce for this riff on Chinese orange beef. It's the fruit's zest, sprinkled over the stir-fry at the end, that delivers the biggest flavor punch. (Photo: page 65.)

- 1 pound flank steak, trimmed
- 4-6 Pixie tangerines or clementines
- 1 pound bok choy
- 6 ounces shiitake mushrooms
- 2 tablespoons oyster sauce
- 1½ tablespoons reduced-sodium soy sauce
- 4 teaspoons rice vinegar
- 1½ teaspoons cornstarch
- ¼ teaspoon ground pepper
- 7 teaspoons peanut oil or canola oil, divided
- 1 tablespoon finely chopped fresh ginger
- 3 large cloves garlic, minced
- 3 scallions, chopped, whites and greens divided
- 1 Fresno or serrano chile, seeded and thinly sliced

1. Cut steak in thirds along the grain. Freeze 15 minutes to firm slightly; thinly slice crosswise.
 2. Sliver zest from enough tangerines (or clementines) to get 1 tablespoon (see *Tip*, page 116); set aside. Squeeze enough of the fruit to get ½ cup juice. Cut bok choy stems into 1-inch pieces and the leaves into 2-inch pieces. Discard mushroom stems; thinly slice caps. Whisk the juice, oyster sauce, soy sauce, vinegar, cornstarch and pepper in a small bowl. Place next to the stove.
 3. Heat a 14-inch flat bottom carbon steel wok or large skillet over medium-high heat until very hot. Add 2 teaspoons oil and swirl to coat. Add half the beef in one layer; cook, without stirring, for 1 minute. Then toss until the beef is no longer pink on the outside, 30 seconds more. Transfer to a plate. Repeat with 2 more teaspoons oil and the remaining beef; transfer to the plate.
 4. Add 2 teaspoons oil to the pan; swirl to coat. Add the bok choy stems and mushrooms; stir-fry until the mushrooms release their liquid, about 3 minutes. Add the bok choy leaves; stir-fry until wilted, 1 to 2 minutes. Transfer the bok choy and mushrooms to the plate with the beef.
 5. Add the remaining 1 teaspoon oil, ginger, garlic, scallion whites and chile to the pan and stir-fry for 30 seconds. Add the reserved sauce and heat until bubbling. Return the beef, vegetables and any accumulated liquid to the pan; gently stir until heated through, about 1 minute more. Stir in scallion greens and the reserved zest.
- SERVES 4:** about 1½ cups each
- CAL 293 / FAT 15G (SAT 4G) / CHOL 70MG / CARBS 13G / TOTAL SUGARS 5G (ADDED 0G) / PROTEIN 28G / FIBER 3G / SODIUM 553MG / POTASSIUM 1,054MG**

(continued on page 72)

“You can grow Pixies elsewhere, but they don’t taste as good.”

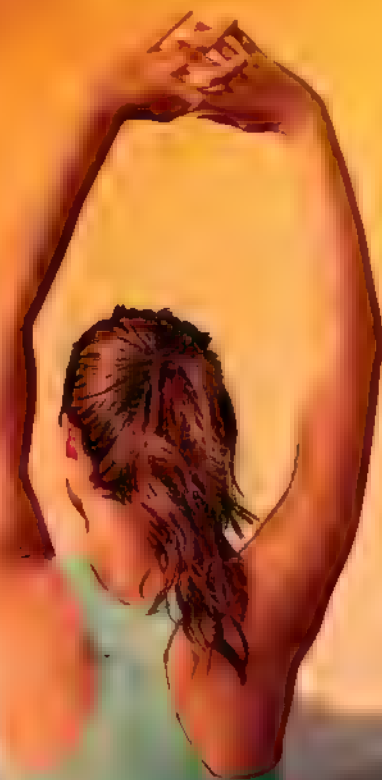




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into every day*

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well-being. Cup after cup, day after day, life is good.



*how good can
you feel?*



Tangerine Bourbon Sidecars

ACTIVE: 5 min TOTAL: 5 min

A fresh twist on a classic cocktail. Add more or less lemon to your liking.

- 2-4 Pixie tangerines or clementines, plus slices or twists for garnish
- 6 tablespoons bourbon, such as Maker's Mark
- 2 tablespoons Triple Sec
- 1 tablespoon fresh lemon juice
- Ice

Squeeze enough fruit to get $\frac{1}{4}$ cup juice. Combine the juice, bourbon, Triple Sec and lemon juice in a cocktail shaker, fill with ice. Shake vigorously for at least 30 seconds. Pour through a strainer into 2 martini glasses. Garnish with a tangerine slice or twist or peel, if desired.

SERVES 2; scant $\frac{1}{2}$ cup each

CAL 147 / FAT 0G (SAT 0G) / CHOL 0MG / CARBS 8G / TOTAL SUGARS 7G (ADDED 0G) / PROTEIN 0G / FIBER 0G / SODIUM POTASSIUM 65MG

Get to Ojai

With its artsy main street, boutiques and hiking and biking trails, Ojai is perfect for a getaway. Here are a few tips to plan a trip:

RESTAURANTS

Azu features Mediterranean-style farm-fresh tapas and cocktails made from freshly squeezed juices. Chef-owner Laurel Moore creates a Pixie-inspired menu every April. 457 E. Ojai Ave./azuojai.com

NoSo Vita is a favorite with locals. Enjoy breakfast tacos, BLTs and chopped salads in this cozy café with a view of the Topatopas. 205 N. Signal St./nosovita.com

Osteria Monte Grappa will satisfy any Italophile with its artisanal flatbreads and homemade pastas, starring locally sourced ingredients. 242 E. Ojai Ave./omgojai.com

With its sophisticated French-Italian cuisine and extensive gardens, **Suzanne's Cuisine** makes visitors feel like they've stepped into Provence. 502 W. Ojai Ave./suzannescuisine.com

HOTELS/SPAS

Built in 1874, the **Lavender Inn** is a romantic bed and breakfast with extensive gardens and a wide veranda. Special packages include cooking classes and outdoor adventures. The Lavender Inn spa, open to the public, also offers yoga classes. 210 E. Matlija St./lavenderinn.com

The Oaks at Ojai is a Mission-style spa with daily hikes, dance and exercise classes, and pool activities. All-inclusive rates start at \$345/night for a single. 122 E. Ojai Ave./oaksspa.com

The **Ojai Rancho Inn** has turned from unremarkable motel on the main road into the new hip spot, with a combination of Old West and modern flair. Rooms start at around \$170 per night. 615 W. Ojai Ave./ojairanchoinn.com

BIKE RENTAL

The Mob Shop, 110 W. Ojai Ave./themobshop.com

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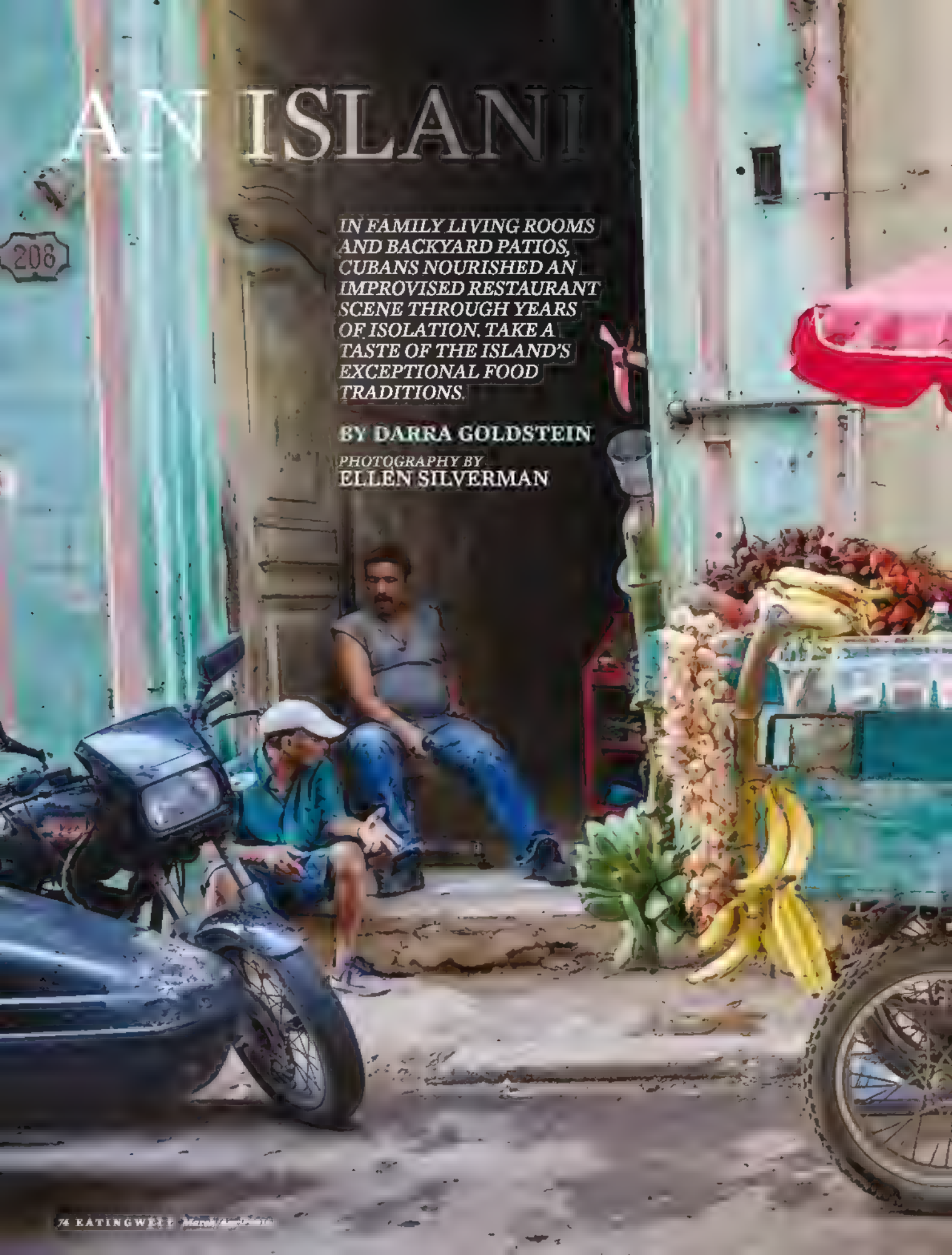


AN ISLANI

IN FAMILY LIVING ROOMS
AND BACKYARD PATIOS,
CUBANS NOURISHED AN
IMPROVISED RESTAURANT
SCENE THROUGH YEARS
OF ISOLATION. TAKE A
TASTE OF THE ISLAND'S
EXCEPTIONAL FOOD
TRADITIONS.

BY DARRA GOLDSTEIN

PHOTOGRAPHY BY
ELLEN SILVERMAN



A PART

With its crumbling mansions, vibrant music, friendly people and brilliant colors, Cuba is easy to romanti-

cize. You can't help falling in love with the place—and with the food. Dishes are layered with complex flavors that reflect the various people who have lived on the island: Taíno Indians, Spanish and French colonialists, African slaves and Chinese plantation workers. You'll taste soups and stews flavored with aromatic *sofrito*—chopped onion, green pepper, garlic, oregano and black pepper sautéed in olive oil—and the piquant sauce called *mojo*, made from garlic, sour orange, cumin and oregano.

In Havana's Miramar neighborhood, Lilliam Domínguez, a former fashion designer, has been serving food for 19 years. La Cocina de Lilliam, her *paladar*, or privately owned restaurant, is a refuge of terracotta tiles and lush greenery. Her menu displays both Cuban and European influences—she is as famous for her crisp malanga fritters as she is for her fish en papillote. A recent highlight on her menu was an extraordinary *tamal en cazuela*, a deeply satisfying Cuban corn porridge.

But because Cuba continues to have food shortages and governmental restrictions, it's impressive that any restaurant serves consistently good and fresh food.





The secret to good dining in Cuba is to eat at resourceful *paladares* like Domínguez's rather than the often uninspired state-run restaurants

Ever since 1960, when the US instituted a trade embargo, Cuba has experienced great hardship, even hunger. The Communist government turned to the Russians, who transformed Cuba's agriculture into a model where diversity was replaced by large, state-owned farms that depended on chemical fertilizers and pesticides, which the USSR supplied cheaply.

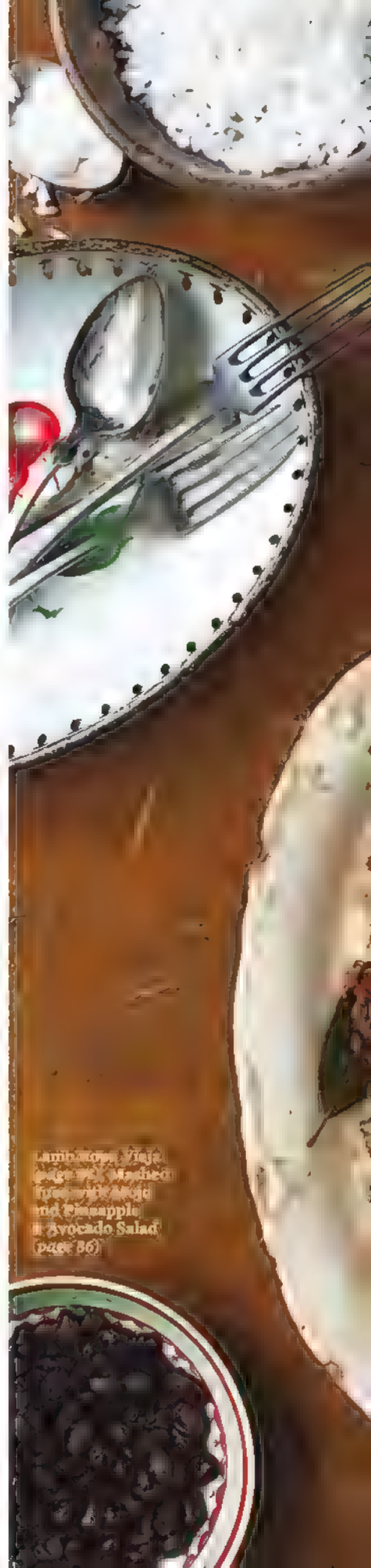
But when the Soviet Union collapsed in 1991, so did the Cuban economy. An era of near-starvation, euphemistically called the "Special Period," ensued. Suddenly there was no fuel for tractors, no money for industrial inputs. Because farmers couldn't afford cattle feed, many of Cuba's cows starved to death. This loss was especially painful for a meat-loving culture whose classic dishes include *ropa vieja*—melt-ingly tender shredded beef—and *picadillo*,

ground beef cooked with tomatoes, olives and raisins. Dairy products also disappeared from the stores. Rationing, which had been in place for decades, became severe, and even staples like rice, beans and oil were suddenly scarce.

To compensate, people began growing their own vegetables and fruits. In Havana, vacant lots were transformed into urban farms called *organopónicos*, and today these small farms cover roughly 8 percent of the city. Lacking chemicals and equipment, the Cubans went completely green by default, plowing their fields with oxen, fertilizing with manure and crop residues, and wielding machetes against the weeds. Organic hasn't been merely a trend in Cuba—it's been a necessity.

Like the organic farms, the *paladares* also started as the USSR collapsed. A few enterprising Cubans opened these private restaurants in their homes, hoping to earn a little extra money. These spaces, whose

(continued on page 82)



Lambanero, Viejito
Cajeta, Mashed
Potatoes, Avocado
and Pineapple
• Avocado Salad
(page 86)

"IT'S ALL ABOUT
STARTING IN
ONE MARKET
AND THEN MOVING
TO ANOTHER TO
SEE WHO HAS
WHAT. I DESERVE
FIVE MICHELIN
STARS FOR THE
EFFORT I HAVE TO
PUT INTO FINDING
INGREDIENTS
EVERY DAY."

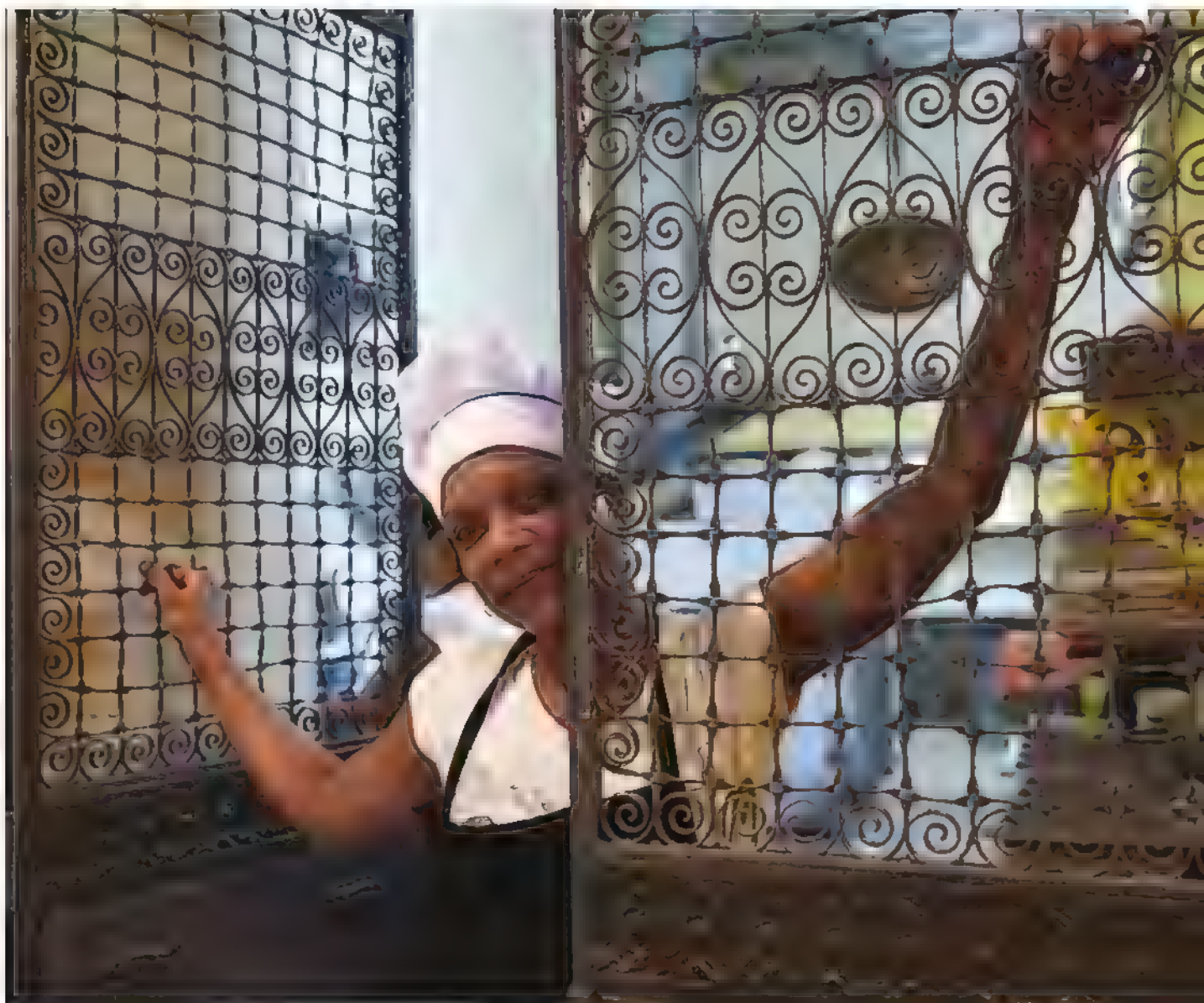
—LILLIAM DOMÍNGUEZ







Cuba's national policy now supports organic and community-based farming. More than 200 state-run biological research centers nurture beneficial insects and bacteria that are used to keep pests at bay naturally.



CUBAN CUISINE: OFF THE BEATEN



HAVANA

La Cocina de Lilliam has had an outstanding reputation for nearly two decades, so guests tend to be a mix of locals who can afford a pricey meal and foreigners. With a whimsical eye for style, chef-owner Lilliam Domínguez ① sometimes serves the catch of the day with a live goldfish in a little bowl of water on the side as decoration. Callejón 48 No. 1311 (between 13 and 15), Miramar, Havana, 53-7-209-6514, laccocinadelilliam.com

Doña Eutimia ②, tucked away at one end of the Plaza de la Catedral, is named

for a local woman who originally cooked for artists in nearby studios, but it is now frequented by the general public as well. Once you have been seated in the homey dining room, order their mojito, which is made with minty yerba buena, and then dig into a generous plate of their lamb *ropa vieja*, and rice and black beans spiced with cumin.

Dinner & lunch reservations are advisable. Callejón del Chorro 60 C, 53-7-861-1332 or email d.eutimia@yahoo.es

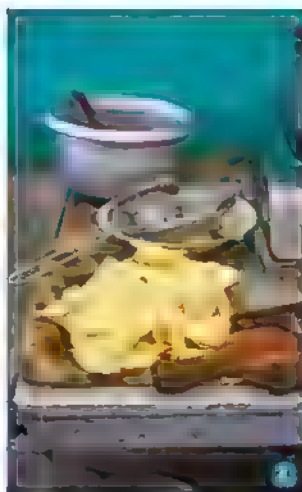
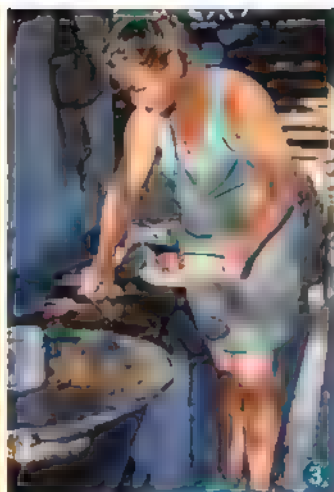
GUANAJAY

Pinar del Río, Cuba's westernmost province, is a place of natural beauty

including beaches, mountains and the country's famous tobacco plantations.

Although it is a bit difficult to spot the turnoff for **Paladar Las Masas** ③ it is well worth the effort. Las Masas is a working farm, which means you drive right into the middle of a yard full of cows being milked, with chickens, turkeys and guinea hens noisily wandering freely. You will be welcomed by Teodila Mirelia Rodríguez Gonzales and her daughters and neighbors, who all share in the task of cooking and running the paladar.

In large cast-iron pots over a wood fire behind the kitchen, Gonzales prepares *masas de puerco*, their signature



PATH

PHOTOGRAPHER **ELLEN SILVERMAN** ATE HER WAY ACROSS 3 CITIES IN WESTERN CUBA. HERE ARE SOME CHOICE PALADARES SHE FOUND WORTH THE TREK

dish. Chunks of pork are simmered in lard and water until all the fat is rendered. When an order is placed the pork pieces are taken into the kitchen, where they are fried until perfectly crispy on the outside and tender and moist on the inside. They're served with rings of fresh onion, fried malanga chips ❶ and the ubiquitous rice and black beans. Meals are eaten on a veranda, where you can sit as long as you like, savoring your food, drinking cold Cuban beers (Cristal, Bucanero) and finishing with a plate of Teoclia's irresistible flan. *Municipio Guanajay, Autopista Pinar del Río (the turnoff is between km*

22-24 on the road heading east toward Havana), 53-5-244-7420

VIÑALES

Parque Nacional Viñales, also in the Pinar del Río province, is a spectacular place for hiking, rock climbing and trekking.

Finca Agroecológica El Paraíso overlooks the verdant Viñales Valley with its limestone outcrops rising in the distance. Wilfredo García Correa and his family built a terraced, sustainable farm and restaurant on land given to them by the government in 2010.

The restaurant is in a rural house typical of the area ❷. Tables with color-

ful gingham cloths are set on a porch with commanding views of the farm ❸ and valley below. It's the perfect place to sit and feast on the food, which is served family-style.

Rachel García Cruz, one of Correa's daughters, is the chef and inspiration behind the healthier fare at this paladar, which features lots of pickled vegetables—an unusual find on a Cuban menu—along with fresh juices and smoothies. Upon arrival, guests are offered an "anti-stress cocktail"—a combination of pineapple, anise, mint, *caña santa* (a fennel-like medicinal herb), basil, honey and a dusting of cocoa—a perfect antidote to

the heat and not to be missed. Farm tours and cooking classes are also available. *Dinner & lunch reservations are advisable. Direction Viñales km 1.5 Carretera al Cementerio, mobile 53-5-818-8581, restaurant 53-4-868-4780 or email ecológico@nauta.cu*

ELLEN SILVERMAN is co-author of *The Cuban Table: A Celebration of Food, Flavors, and History* (St. Martin's Press, 2014). Her video "My roots lie here," a portrait of four elderly Cubans, was shown recently at an international Latin American film festival in Havana. It is available on Vimeo.

(continued from page 76)

very name signals that they're all about taste (*paladar* means "palate"), offered an alternative to the mediocre fare served in state-run establishments. But because private enterprise was illegal, and food scarce, the *paladares* were at first considered subversive. It was only in 1994 that they were legalized, after the government realized how much they contributed to the economy. Now *paladares* are a vital, and vibrant, addition to Cuba's culinary landscape. The driving forces behind many of these restaurants are not professionally trained chefs, but home cooks finely attuned to the flavors of their homeland.

But keeping a fully stocked kitchen in the absence of a reliable food system calls for some sorcery. For her *paladar*, Domínguez relies on personal relationships with suppliers and she's understandably

reticent about naming her sources. Fish is particularly difficult to obtain, an irony for an island nation. But with Miami a mere 90 miles away, private fishing boats are largely banned to keep Cubans from fleeing. Fishermen Domínguez has known all her life bring her fish and seafood daily. Others who know her reputation for quality sometimes show up unannounced with their fresh catch.

Domínguez visits multiple farmers' markets every day, often spending hours shopping: "I deserve five Michelin stars for the effort I have to put into finding ingredients every day." She invents recipes to take advantage of whatever she's been able to find and afford. The supply chain is so unreliable that she can't count on having the ingredients she wants when she needs them, especially spices, which makes the quality of her menu all the more remarkable.

These days the question on everyone's mind is what will happen to the Cuban food scene once the trade embargo is lifted. When chemical fertilizers and pesticides are once again available, will the *organopónicos* begin to disappear? Ingredients will certainly be easier to obtain, but will their quality be as high? And what about the prospect of an American fast-food invasion?

Domínguez is optimistic. "The new relationship with the U.S. is something to celebrate," she says. "Increased access to food can only strengthen our local businesses." She's not worried. Perhaps because she knows how to survive.

DARRA GOLDSTEIN is a Williams College professor. Her latest book is *Fire + Ice: Classic Nordic Cooking* (Ten Speed Press, 2015).



Pork Picadillo and
Tamal en Cazuela
(page 84)

"BEFORE MY FIRST TRIP TO CUBA, A FOOD EDITOR STRONGLY WARNED ME TO BRING FOOD OR GO HUNGRY AS THE FOOD WAS UNPALATABLE. MY EXPERIENCE WAS EXACTLY THE OPPOSITE."

—ELLEN SILVERMAN

Mahatma
BROWN RICE
NATURAL WHOLE GRAIN RICE

CAROLINA
BROWN RICE

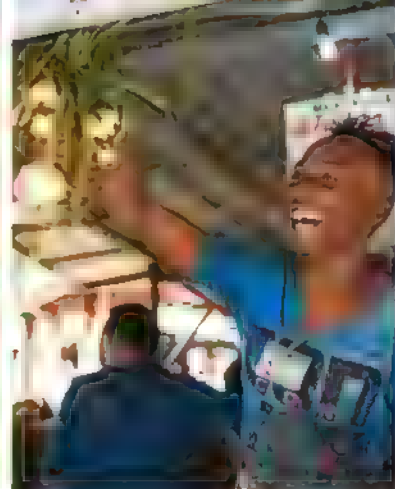
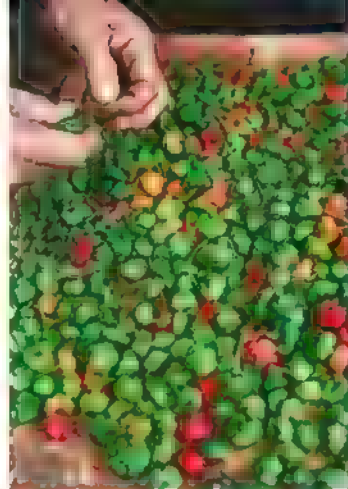
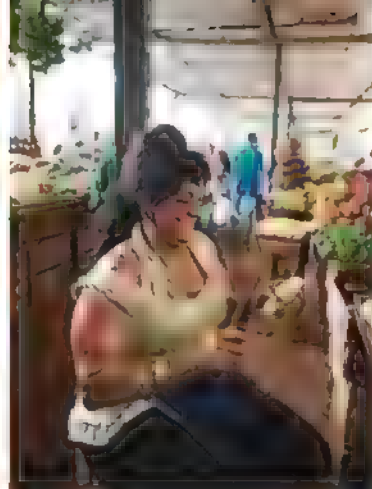
*Brighten up your meal with wholesome
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mahatmarice.com or carolinarice.com



Lamb Ropa Vieja

ACTIVE: 1½ hrs **TOTAL:** 4½ hrs

TO MAKE AHEAD: Refrigerate the ropa for up to 3 days or freeze for up to 3 months. Refrigerate extra lamb broth for up to 5 days or freeze for up to 3 months, if desired; use as the base for another soup or stew.

The dish gets its humorous name from the shreds of meat that seem to resemble tattered "old clothes." Don't be tempted to substitute boneless leg of lamb for this recipe, as the bone gives the broth exceptional flavor. Though typically made with beef, lamb is more widely available in Cuba. If you prefer beef, use about 3½ pounds boneless chuck roast. Serve over rice, with black beans on the side. (Photo: page 77.)

- 1 4-pound bone-in leg of lamb, trimmed
 - 4½ teaspoons kosher salt, divided
 - 1½ teaspoons ground pepper, divided
 - 4 tablespoons extra-virgin olive oil, divided
 - 10 cups cold water
 - 4 bay leaves
 - 1 large onion, finely chopped
 - 2 medium Cubanelle or Anaheim peppers, finely chopped
 - 4 large cloves garlic, minced
 - 2 large tomatoes, seeded and finely chopped
 - ½ cup tomato sauce
 - Pinch of ground cloves
 - 1 tablespoon red-wine vinegar
1. Rub lamb with 3 teaspoons salt and ¾ teaspoon pepper. Heat 1 tablespoon oil in a heavy, 4- to 5-quart pot over medium heat. Add the lamb and brown on all sides, 6 to 8 minutes total. Add water and bay leaves and bring to a boil over high heat. Reduce the heat to maintain a simmer, cover and simmer, turning the lamb a few times, until the lamb is extremely tender and falling off the bone, about 3 hours.
 2. Remove the lamb to a clean cutting board, reserving the broth. When it is cool enough to handle, pull the meat from the bones and shred it finely with your fingers.
 3. Meanwhile, heat the remaining 3 tablespoons oil in a large skillet over medium heat. Add onion and peppers; cook, stirring occasionally, until

softened, about 8 minutes. Stir in garlic and the shredded lamb; then add tomatoes, tomato sauce, cloves, 2 cups of the lamb broth and the remaining 1½ teaspoons salt and ½ teaspoon pepper. Bring the mixture to a gentle simmer; cover and cook for 5 minutes. Uncover and continue to simmer until the liquid is reduced by about half, 10 to 15 minutes more. Remove from heat and stir in vinegar.

SERVES 10: about ¾ cup each

CAL 296 / FAT 13G (SAT 3G) / CHOL 116MG / CARBS 6G / TOTAL SUGARS 3G (ADDED 0G) / PROTEIN 39G / FIBER 1G / SODIUM 436MG / POTASSIUM 841MG

Pork Picadillo

ACTIVE: 30 min **TOTAL:** 1 hr

TO MAKE AHEAD: Refrigerate for up to 3 days or freeze for up to 3 months.

Picadillo, with its lively sweet-and-sour taste, is a classic Cuban dish that almost every family has a version of. It's traditionally made with ground beef, but because beef is expensive and in very short supply, Cubans use pork instead. Picadillo is a great party dish, since it reheats well. Serve with rice and polenta. (Photo: page 82.)

- 2 tablespoons extra-virgin olive oil
 - 2 medium onions, finely chopped
 - 1 medium green bell pepper, finely chopped
 - 4 cloves garlic, minced
 - 1 pound lean ground pork
 - 2 teaspoons ground cumin
 - 1½ teaspoons dried oregano
 - 1 teaspoon ground cinnamon
 - ¾ teaspoon kosher salt
 - ¾ teaspoon ground allspice
 - Ground pepper to taste
 - 1 28-ounce can diced tomatoes, drained, ¼ cup juice reserved
 - 2 bay leaves
 - ½ cup raisins
 - ½ cup pimiento-stuffed green olives, chopped
 - 1 tablespoon red-wine vinegar
1. Heat oil in a large skillet over medium heat. Add onions and bell pepper; cook, stirring occasionally, until soft but not brown, about 8 minutes. Stir in

garlic and cook for 30 seconds. Add pork; cook, breaking up the meat with a wooden spoon, until no longer pink, 5 to 7 minutes.

2. Stir in cumin, oregano, cinnamon, salt, allspice and pepper, then add tomatoes, their reserved juice and bay leaves. Reduce heat to maintain a simmer, cover and cook for 25 minutes.

3. Stir in raisins, olives and vinegar; cover and simmer for 10 minutes more.

SERVES 6: about 1 cup each

CAL 223 / FAT 10G (SAT 3G) / CHOL 44MG / CARBS 19G / TOTAL SUGARS 12G (ADDED 0G) / PROTEIN 17G / FIBER 3G / SODIUM 410MG / POTASSIUM 529MG

Tamal en Cazuela

ACTIVE: 45 min **TOTAL:** 45 min

Cubans love meat, but because it's usually scarce they often use small amounts to make dishes more special. For this polenta-like corn porridge look for Mexican-style chorizo rather than the dry-cured Spanish variety. (Photo: page 82.)

- 2 cups corn, fresh or frozen (thawed)
 - 1 teaspoon extra-virgin olive oil
 - 4 ounces fresh chorizo, casing removed
 - 1 large tomato, seeded and diced
 - 1 small onion, finely chopped
 - 3 large cloves garlic, minced
 - 2 cups water
 - 1½ cups low-sodium chicken broth
 - 1 cup fine yellow cornmeal
 - 1½ teaspoons kosher salt
1. Puree corn in a food processor until smooth.
 2. Heat oil in a large saucepan over medium heat. Add chorizo and cook, stirring and breaking up with a spoon, until darkened in color, 2 to 4 minutes. Add tomato, onion and garlic; cook, stirring occasionally, until the onion is softened, 3 to 4 minutes. Stir in water, broth, cornmeal, salt and the pureed corn. Bring to a simmer. Cook, adjusting heat to maintain a gentle simmering bubble and stirring occasionally, until thick and creamy, 15 to 20 minutes.
- SERVES 8:** ¾ cup each
- CAL 173 / FAT 7G (SAT 2G) / CHOL 12MG / CARBS 21G / TOTAL SUGARS 3G (ADDED 0G) / PROTEIN 7G / FIBER 2G / SODIUM 448MG / POTASSIUM 309MG**

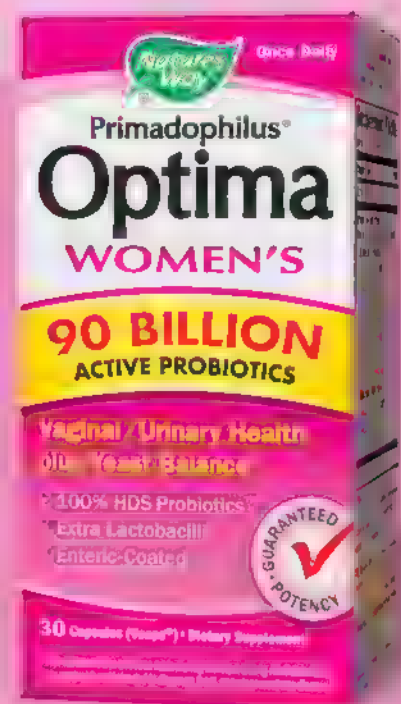


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AVAILABLE AT FINER HEALTH FOOD STORES IN THE PROBIOTIC SECTION

Coffee Granita

ACTIVE: 20 min TOTAL: 4½ hrs

TO MAKE AHEAD: Freeze for up to 1 week. Let stand at room temperature for about 20 minutes before serving to soften slightly.

This dessert, which vendors sell on the street, is Cuba's answer to sno-cones. Cubans love coffee, the stronger the better, and offering a cup to guests is a sign of hospitality. This dessert is best with freshly brewed strong coffee, but morning leftovers work, too—just heat 4 cups of coffee with the sugar until the sugar dissolves. If you prefer your coffee with a little cream, try the granita with a splash of evaporated milk on top.

- 1 cup freshly ground coffee
- 4¾ cups water
- ¾ cup sugar
- ¾ teaspoon vanilla extract

1. Brew a pot of coffee with the ground coffee and water.
2. Place sugar in a large heatproof bowl. Pour the hot coffee over it and stir until the sugar dissolves. Stir in vanilla and let cool to lukewarm. Chill until cold, 40 minutes to 1 hour.
3. When the mixture is cold, transfer it to a 9-by-13-inch metal pan. Freeze until slushy, about 1 hour.
4. With a fork, stir the mixture to break up the ice crystals, then smooth the top. Return the granita to the freezer for another 2 hours, stirring and smoothing every 30 minutes.
5. To serve, scrape the granita into dessert bowls, taking care not to compress the icy crystals.

SERVES 6: 1 cup each

CAL 101 / FAT 0G (SAT 0G) / CHOL 0MG / CARBS 25G / TOTAL SUGARS 25G (ADDED 25G) / PROTEIN 0G / FIBER 0G / SODIUM 3MG / POTASSIUM 79MG.

Mashed Yuca with Mojo

ACTIVE: 30 min TOTAL: 1 hr 20 min

Yuca is a Spanish word for cassava, the starchy root from which tapioca is made. This nourishing staple is usually served in plain chunks or mashed, but you can enliven its blandness with the garlicky sauce known as mojo. Cubans use sour oranges, but limes work just as well. (Photo: page 77.)

- 2 medium yuca (about 2 pounds)
- 5 tablespoons extra-virgin olive oil
- 1 small onion, finely chopped
- 6 medium cloves garlic, minced
- 2 tablespoons fresh lime juice
- 1 teaspoon kosher salt
- ¾ teaspoon dried oregano

1. Put a large saucepan of water on to boil.
2. Remove the thick peel from each yuca with a paring knife, then cut crosswise into 3-inch pieces. Quarter each piece lengthwise. Add the yuca to the boiling water, reduce heat to medium and cook, covered, until very tender, about 50 minutes. Drain. When cool enough to handle, remove the stringy-looking, woody core from the quartered pieces. Transfer the yuca to a medium bowl and mash with a potato masher until it's the texture of coarse mashed potatoes.
3. Meanwhile, heat oil in a small skillet over medium heat. Add onion, reduce heat to medium-low and cook, stirring occasionally, until softened, 8 to 10 minutes. Stir in garlic and cook for 1 minute more. Remove from heat. Stir in lime juice, salt and oregano. Stir into the mashed yuca. Serve warm.

SERVES 6: about ⅓ cup each

CAL 248 / FAT 12G (SAT 2G) / CHOL 0MG / CARBS 34G / TOTAL SUGARS 2G (ADDED 0G) / PROTEIN 1G / FIBER 2G / SODIUM 199MG / POTASSIUM 261MG.

Pineapple & Avocado Salad

ACTIVE: 20 min TOTAL: 20 min

This refreshing salad captures the flavors of the tropics. Its green and gold hues are especially welcome in March, when California avocados and Hawaiian pineapples are in season. (Photo: page 77.)

- ¼ cup thinly sliced red onion, separated into rings
- Ice water
- 2 firm ripe avocados
- 1 medium fresh pineapple
- 3 tablespoons extra-virgin olive oil
- 1 tablespoon fresh lime juice
- ½ teaspoon kosher salt

1. Soak onion in a small bowl of ice water for 15 minutes to mellow the bite.
2. Meanwhile, halve avocados and cut each half into slices. Peel pineapple, halve lengthwise into quarters, remove the core and cut each quarter crosswise into slices.
3. Whisk oil and lime juice in a small bowl. Drain the onion and pat dry. Arrange half the avocado, pineapple and onion on a serving plate, sprinkle with ¼ teaspoon salt and drizzle with half the dressing; repeat the layers.

SERVES 8: 1 cup each

CAL 186 / FAT 13G (SAT 2G) / CHOL 0MG / CARBS 20G / TOTAL SUGARS 12G (ADDED 0G) / PROTEIN 2G / FIBER 5G / SODIUM 75MG / POTASSIUM 374MG.



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A GOOD EGG

Shannon Hyde's quest to have delicious eggs from happy chickens quickly snowballed into a full-blown egg CSA. Her story is inspiration to get cracking.

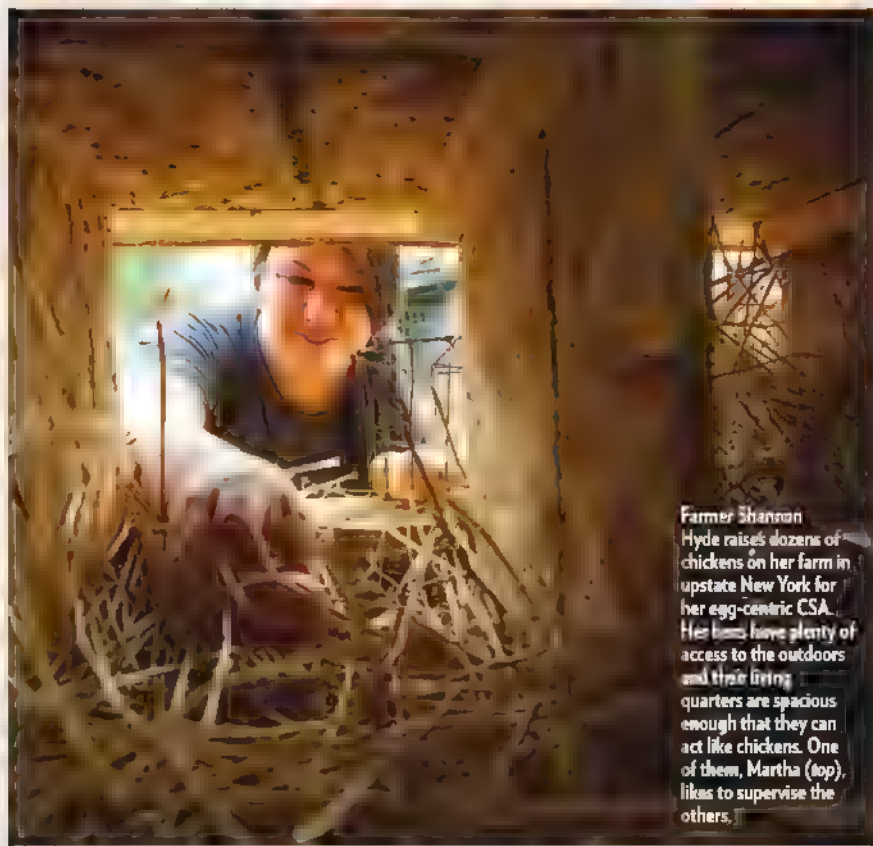
When you arrive at Olive Egg Farm in Honeoye Falls, New York, you're greeted by a magnificent flock of chickens. Red-feathered Rhode Island Reds strut by the namesake slate-gray Olive Eggers. Dramatic Black Copper Marans with red combs mingle with silver-feathered Cream Legbars. These birds produce a virtual rainbow of eggs—from plain white, beige and brown to robin's-egg blue and the farm's signature olive-green eggs. Crack open one of these eggs for frying, scrambling or baking and you'll discover a yolk that is sunset-orange with an earthy, vibrant flavor.



BY KATHY GUNST

Location Photography
JEB WALLACE-BRODEUR
Typography Design
SABINA VAN FLETEREN





Farmer Shannon Hyde raises dozens of chickens on her farm in upstate New York for her egg-centric CSA. Her hens have plenty of access to the outdoors and their living quarters are spacious enough that they can act like chickens. One of them, Martha (top), likes to supervise the others.

"All eggs are NOT created equal."

Shannon Hyde, the farm's owner, was once a social worker living in nearby Rochester. In 2013, she and her wife found their dream house in this tiny hamlet. As Hyde likes to tell the story, there was no single "aha!" moment that made her want to give up social work and become a full-time egg farmer, but rather "a million moments and a lifetime of feeling drawn to country living. I loved the idea of growing my own food and opening the front door to the sound of roosters crowing."

It all began with a few chickens. Hyde was surprised by just how easy it was to care for the birds. "They eat all your kitchen scraps and pay you back with fresh

eggs," she says laughing. It didn't take long before she was hooked. They currently have between 50 and 100 chickens (depending on the time of year), along with goats, pigs, Cornish hens and a horse. "We wanted to provide real, sustainable food for the local community," Hyde adds.

Hyde decided to use the community-supported agriculture (CSA) business model to sell her eggs. Customers pay up front at the start of the season and, in exchange, they pick up food each week. "The egg farmer needs to stock up on feed, so it definitely makes it easier to have folks pay in the beginning of the season," Hyde says. "For us it is more of a membership guarantee."

Baked Eggs, Tomatoes & Chiles (Shakshuka)

ACTIVE: 45 min TOTAL: 1 ½ hrs

TO MAKE AHEAD: Refrigerate tomato sauce for up to 4 days.

This popular Israeli breakfast or brunch dish features eggs cooked on a bed of roasted tomato sauce. Serve with warm crusty bread.

- 3 cloves garlic, divided
- 3 pounds ripe plum tomatoes, cut into ½-inch pieces
- 1 medium onion, finely chopped
- 4 tablespoons extra-virgin olive oil, divided
- 2 tablespoons chopped fresh parsley, plus more for garnish
- ¾ teaspoon salt, divided
- ½ teaspoon ground pepper, divided
- 2 large green chiles, such as Anaheim, finely chopped
- 1 teaspoon ground cumin
- ½ cup chopped fresh basil
- ½ cup crumbled feta cheese
- 4 large eggs
- Hot sauce for serving

1. Preheat oven to 450°F
2. Slice 2 garlic cloves. Toss with tomatoes, onion, 3 tablespoons oil, parsley and ¼ teaspoon each salt and pepper in a large bowl. Spread evenly on a large rimmed baking sheet or in a shallow roasting pan. Roast until the tomatoes are shriveled and browned, about 45 minutes.
3. Chop the remaining garlic clove. Heat the remaining 1 tablespoon oil in a large skillet over medium heat. Add the garlic and chiles; cook, stirring, for 2 minutes. Add cumin and cook, stirring, for 30 seconds. Stir in the tomato mixture, the remaining ½ teaspoon salt and basil. Bring to a simmer and cook, stirring occasionally, until the tomatoes are mostly broken down, 6 to 8 minutes.
4. Make 4 deep indentations in the sauce with the back of a spoon and carefully crack an egg into each. Sprinkle the eggs with the remaining ¼ teaspoon pepper. Cover and cook over medium-low until the whites are set, 6 to 8 minutes.
5. Remove from heat, sprinkle with feta and let stand, covered, for 2 minutes. (The eggs will continue to cook a bit as they stand.) Garnish with parsley and serve with hot sauce, if desired.

SERVES 4: 1 egg & 1 cup sauce each

CAL 330 / FAT 24G (SAT 6G) / CHOL 203MG / CARBS 19G / TOTAL SUGARS 11G (ADDED 0G) / PROTEIN 13G / FIBER 5G / SODIUM 700MG / POTASSIUM 965MG.



original
flavors

Chive & Goat Cheese Soufflés

ACTIVE: 25 min **TOTAL:** 45 min **EQUIPMENT:** Four 10-ounce ramekins

An ode to spring, these light, airy individual soufflés are the most dramatically puffed when they come out of the oven. They deflate quickly but their texture will still be super fluffy. Serve with a spring salad of watercress, baby arugula and tender greens tossed with lemon-chive vinaigrette.

- ½ cup packed grated Parmesan cheese, divided
- ½ cup minced fresh chives, divided
- 2 tablespoons butter
- 2½ tablespoons all-purpose flour
- 1 cup reduced-fat milk
- ¼ teaspoon ground pepper
- ½ teaspoon salt
- 2 ounces soft goat cheese, at room temperature, crumbled
- 4 large eggs, separated
- ½ teaspoon lemon zest

1. Preheat oven to 375°F. Coat the bottom and sides of four 10-ounce ramekins with cooking spray. Sprinkle the bottom of each with 1 teaspoon Parmesan and ½ teaspoon chives. Place on a rimmed baking sheet.

2. Melt butter in a medium saucepan over medium heat. Stir in flour and cook for 30 seconds. Whisk in milk, pepper and salt; cook, whisking, until thickened, 2 to 5

minutes. Remove from heat and whisk in goat cheese and the remaining Parmesan and chives. Whisk in egg yolks, one at a time. Stir in zest.

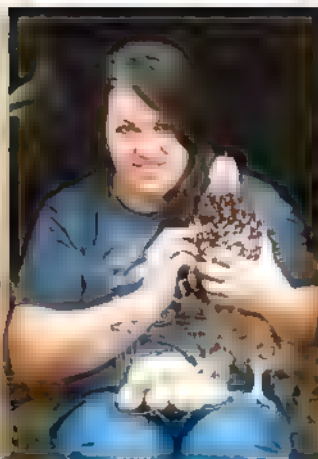
3. Beat egg whites in a large bowl with an electric mixer just until stiff peaks begin to form (see *Tip*, page 116); do not overbeat. Gently fold about one-third of beaten whites into the egg yolk mixture to lighten it; then gently fold in the remaining egg whites until just incorporated. Divide the mixture among the prepared ramekins.

4. Bake until the soufflés have risen, are browned in spots and do not appear wet or moist, 20 to 24 minutes. Serve immediately.

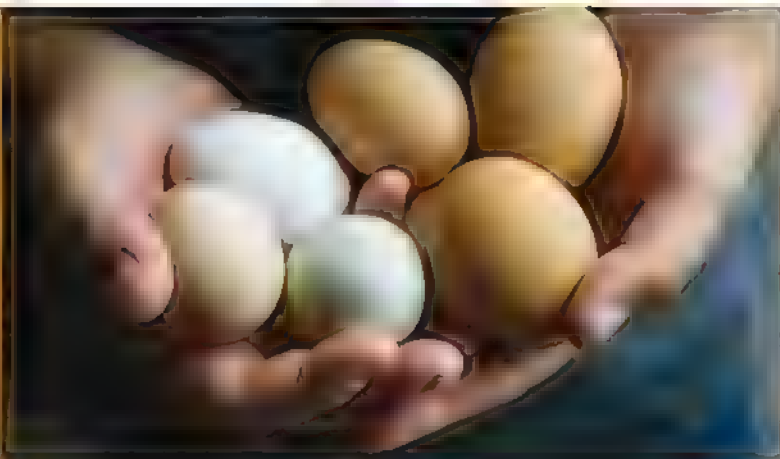
SERVES 4: 1 soufflé each

CAL 252 / **FAT** 18G (SAT 10G) / **CHOL** 221MG / **CARBS** 9G / **TOTAL SUGARS** 3G (ADDED 0G) / **PROTEIN** 14G / **FIBER** 0G / **SODIUM** 419MG / **POTASSIUM** 197MG.





"When my CSA members come to the farm to pick up their eggs, they see the time and love I put into it all."



Farms that have CSA shares are typically vegetable-focused, although some include fresh eggs. But Olive Egg Farm is one of the few egg-only CSAs in the country. "We're not so good at gardening," jokes Hyde. "We can keep animals alive, but vegetables? Ha, not so much!"

Let's be honest: it can be easy to take eggs for granted. They are just... there, in your refrigerator like milk and butter. Most cooks don't really think about the actual taste of an egg. "But all eggs are not created equal!" Hyde says emphatically, "My pasture-raised chickens consume nutrients you can't find in a bag of soy-based feed. They dine on food scraps, bugs, grass, clover, herbs and more bugs! These elements all contribute to an egg with a whole lot of flavor." Plus they're hyper-fresh—Olive Egg Farm's eggs go from coop to customer in a day or two, five days at most. "Grocery-store eggs can be months old by the time you get them," says Hyde.

Katie Manchester has been a member of Olive Egg Farm's CSA for over two years. She was looking for pasture-raised eggs from a farm she could trust. And she doesn't mind spending the \$7 a dozen. "I am willing to pay top price for my eggs because I know what I am getting. I know the chickens have a great life and are on pasture most of the day," says Manchester.

Today there is a waiting list to become part of the Olive Egg Farm CSA. It's a testament to just how much people have come to care about eating locally and sustainably. Or perhaps it's just that they know how much better their omelets, cakes, custards, even salads will taste when they start with a really good egg.

KATHY GUNST is a James Beard Award-winning food journalist. Her newest book, *Soup Swap*, will be published by Chronicle in fall 2016.

Buying a simple carton of eggs, like a lot of things in life, has gotten more complicated. Here's how to understand what all those words on the carton mean so you can decide which matter.

Egg **COLOR** is determined by the breed of hen. They can be pretty, but there is no inherent nutritional or taste difference.

GRADE refers to the quality of the egg. Most consumers won't notice much of a difference among the grades. You'll most likely see Grade A, which means the shells are unstained, the yolks are free from defects and they have a "reasonably" clear and thick white.

SIZE refers to the weight of whole eggs per dozen. (*EatingWell* almost always calls for large eggs in recipes.)

Most egg cartons have a "sell by" or a "packed on" **DATE** printed on the end. Eggs stored in their carton in the refrigerator should be safe to eat for four to five weeks after they were packed, and for a couple of weeks after the "sell by" date.

If you want to consume them raw, **PASTEURIZED** eggs are a smart choice. They are heated in their shells to a temperature just high enough to destroy pathogens like *Salmonella*.

HORMONE-FREE is on many cartons, but no laying hens are given hormones.

VEGETARIAN-FED means that the eggs come from hens that were fed a vegetarian diet, a controversial practice as chickens are not naturally vegetarian.

OMEGA-3 ENRICHED eggs are laid by hens that are fed a special diet rich in omega-3 fatty acids. The eggs provide a range of omega-3s, from 100 mg to over 600 mg per egg. For comparison, 3 ounces of salmon has about 1,200 mg omega-3s.

NO ADDED ANTIBIOTICS or "no antibiotics administered" means the hens were not given antibiotics in their feed or water.

CAGE-FREE means the hens can roam in a building, room or open area instead of a battery cage, a 16x20-inch cage that houses up to 11 birds. It does not necessarily mean that hens have access to the outdoors. Nor does it indicate how much room they have to move around.

Eggs labeled **FREE-RANGE** were laid by hens that have access to the outdoors. This can simply mean the hens have an indoor space connected to an outdoor area—not that they are roaming around "free." In addition to eating grain these hens may forage for wild plants and insects.

PASTURE-RAISED is not USDA regulated. The commonly understood meaning is that eggs are laid by hens that roam and forage on a maintained pasture area. If you can, ask the farmer directly to know for sure what the label means.

ORGANIC eggs are certified to have been laid by cage-free or free-range hens raised on organic feed and with access to the outdoors. However a recent report by the Cornucopia Institute indicates that many larger producers don't always comply with these requirements (especially the outdoor access). Most small-scale farmers were found to be in compliance.

There are several **ANIMAL WELFARE CERTIFICATION** labels. They all prohibit forced molting through starvation, a practice that's used to temporarily increase egg production and quality. But the "Animal Welfare Approved" program is the only one that forbids beak cutting, a common practice to ensure birds don't peck at each other. This label also ensures that hens have continuous access to the outdoors and are able to nest, perch and dust-bathe. Standards of the other programs vary.

Soy Eggs

ACTIVE: 20 min **TOTAL:** 1 hr 20 min (includes 1 hr marinating time)

TO MAKE AHEAD: Refrigerate for up to 3 days.

EQUIPMENT: Wide-mouthed pint jar

Try these salty-sweet eggs as a swap for deviled eggs at your next party or as a midday snack.

- | | |
|--|---------------------|
| $\frac{3}{4}$ cup reduced-sodium soy sauce or tamari | 2 tablespoons mirin |
| $\frac{1}{4}$ cup sake | 1 tablespoon sugar |
| | 4 large eggs |

1. Combine soy sauce (or tamari), sake, mirin and sugar in a small saucepan; bring to a boil over high heat. Reduce heat to maintain a simmer and cook for 8 minutes. Let cool for 15 minutes. Transfer to a wide-mouthed pint jar.
2. Place eggs in a medium saucepan and cover with cold water. Bring to a boil over high heat. Remove from heat and let the eggs stand in the hot water for 5 minutes for softer yolks or 6 minutes for firmer yolks. Drain and rinse under cold running water. Peel when cool enough to handle.
3. Add the eggs to the jar; if they aren't fully submerged, add a little more soy sauce (or tamari) to cover. Cover and refrigerate at least 1 hour or up to 3 days.

SERVES 4 $\frac{1}{2}$ egg each

CAL 77 / **FAT** 5G (SAT 2G) / **CHOL** 186MG / **CARBS** 1G / **TOTAL SUGARS** 1G (ADDED 0G) / **PROTEIN** 6G / **FIBER** 0G / **SODIUM** 194MG / **POTASSIUM** 76MG.

Smoked Salmon & Cream Cheese Omelet

ACTIVE: 15 min **TOTAL:** 15 min

The key to this omelet method is cooking the eggs over low heat so the curds set up nice and soft. A splash of milk in the eggs is added insurance to keep the omelet from turning rubbery.

- 2 large eggs
- 1 teaspoon reduced-fat milk or water
- $\frac{1}{8}$ teaspoon ground pepper, plus more for garnish
- Pinch of salt
- 1 teaspoon butter
- 2 tablespoons chopped smoked salmon
- 1 tablespoon cream cheese, softened, or crumbled feta
- 1 tablespoon finely chopped red onion
- $\frac{1}{2}$ teaspoons chopped fresh dill, plus more for garnish

1. Whisk eggs, milk (or water), pepper and salt in a small bowl.
2. Melt butter in a small nonstick skillet over medium-low heat, tilting the pan to make sure the entire bottom is coated. Add the egg mixture and cook for 1 minute without stirring. Sprinkle salmon, cheese, onion and dill over one half of the eggs. Cook for 1 minute. Using a flexible spatula, lift the bare side to let raw egg from the middle flow underneath; you may need to tilt the pan slightly. Continue lifting in different spots until there's almost no raw egg on top. Cook 2 minutes more.
3. Using the spatula, flip the bare side over the filling, folding the omelet in half, and cook for 1 minute. (If the eggs are starting to brown, lower the heat.) Carefully flip the omelet over and cook 1 minute more. Serve immediately, garnished with more dill and pepper, if desired.

SERVES 1

CAL 254 / **FAT** 19G (SAT 9G) / **CHOL** 402MG / **CARBS** 3G / **TOTAL SUGARS** 2G (ADDED 0G) / **PROTEIN** 17G / **FIBER** 0G / **SODIUM** 458MG / **POTASSIUM** 217MG.

EXCELLENT EGGS Get our recipe for Chicken Ramen with Bok Choy & Soy Eggs at eatngwell.com/webextra



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The Best Vanilla Custard

ACTIVE: 20 min **TOTAL:** 4¾ hrs
(including chilling time)

TO MAKE AHEAD: Refrigerate for up to 3 days.

EQUIPMENT: Eight 6-ounce ovenproof baking dishes or ramekins

Calling this “the best” may seem like a bold statement, but it’s true. The rich eggy custard is silky-smooth and infused with loads of vanilla, making it worthy of its name.

8 large egg yolks, at room temperature

$\frac{2}{3}$ cup sugar

$\frac{1}{4}$ teaspoon vanilla extract

Pinch of salt

2 vanilla beans

$3\frac{1}{2}$ cups reduced-fat milk

1. Preheat oven to 325°F. Put a full kettle of water on to boil.

2. Whisk egg yolks, sugar, vanilla extract and salt in a medium bowl.

3. Split vanilla beans down the middle, then use the tip of a sharp knife to scrape all the black paste from them into a medium saucepan. Add the bean pods and milk to the pan. Bring to a gentle simmer over medium heat. Slowly whisk into the egg mixture. Place a fine sieve over a large bowl and strain the custard into the bowl (discard the pods).

4. Place eight 6-ounce ovenproof baking dishes (or ramekins) in a large roasting pan that’s at least 2 inches deep and fill with the custard. Pour the boiling water around the baking dishes until it comes about halfway up the sides. Cover the pan loosely with foil.

5. Bake the custards until set around the sides but still a bit wobbly in the center, 30 to 35 minutes. Using oven mitts, transfer the baking dishes to a wire rack and let cool to room temperature. Cover and refrigerate until cold, at least 3 hours and up to 3 days.

SERVES 8: $\frac{1}{2}$ cup each

CAL 174 / **FAT** 7G (SAT 3G) / **CHOL** 193MG /
CARBS 23G / **TOTAL SUGARS** 22G (ADDED 17G) /
PROTEIN 6G / **FIBER** 0G / **SODIUM** 77MG /
POTASSIUM 169MG.

(continued on page 98)

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*Source: National Heart, Lung, and Blood Institute. Studies show that consumption of 100 mg omega-3 fatty acids may reduce the risk of coronary heart disease. Starkist® Tuna and Salmon Creations® are 100% fat-free and contain 10g protein and 1.5g omega-3 fatty acids per pouch. See nutrition information for full list of ingredients and allergen information. ©2014 Starkist Company. All rights reserved.



Open-Face Egg Salad Sandwich

ACTIVE: 30 min **TOTAL:** 40 min
TO MAKE AHEAD: Refrigerate egg salad for up to 1 day.

This egg salad is spiked with dill and lemon zest. Crisp pancetta adds texture and flavor. If you don't want to go with the pancetta, try a few capers sprinkled on top instead.

- 4 large eggs
- 2 thin slices pancetta (about 1½ ounces)
- 3 tablespoons mayonnaise
- 2 teaspoons chopped fresh dill or chives, plus more for garnish
- ½ teaspoon lemon zest
- Pinch of salt
- Ground pepper to taste
- 2 slices whole-grain bread, lightly toasted
- 2 leaves Boston lettuce

1. Place eggs in a medium saucepan and cover with cold water. Bring to a boil over high heat. Remove from heat and let the eggs stand in the hot water for 8 minutes. Drain, fill the pan with ice water and let the eggs cool for about 10 minutes.

2. Meanwhile, cook pancetta in a medium skillet over medium-high heat until crisp, about 3 minutes per side. Drain on paper towels, then crumble.

3. Peel the eggs and mash them in a medium bowl. Mix in mayonnaise, dill (or chives), lemon zest, salt, pepper and the pancetta.

4. Top each piece of toast with a lettuce leaf and ½ cup egg salad. Garnish with dill (or chives), if desired.

SERVES 2: 1 sandwich each

CAL 345 / **FAT** 22G (SAT 7G) / **CHOL** 391MG / **CARBS** 16G / **TOTAL SUGARS** 4G (ADDED 1G) / **PROTEIN** 19G / **FIBER** 2G / **SODIUM** 804MG / **POTASSIUM** 246MG



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YOU NEED THIS

You probably aren't eating enough of this nutrient. It's time to change that. Here's your everything guide to fiber. **By Shaun Dreisbach** PHOTOS BY KANG KIM

Everyone and their grandmother has heard the recommendation to “eat more fiber” yet a staggering 95 percent of Americans don't get enough in their daily diets. Heck, most of us don't even know how much we need in the first place. And we've got lots of questions about it too. Like: What's the difference between soluble and insoluble fiber—and is one more important than the other? Is the roughage you get in a Fiber One Mint Fudge Brownie just as beneficial as the kind in an apple or a serving of beans? And how big a deal is dietary fiber for your weight and health, really?

One thing that is clear: despite falling way short, we definitely care about this indigestible carb. According to the International Food Information Council's 2015 Food & Health Survey, fiber ranks second on the list of things people are trying to eat more of. (Whole grains—which also contain fiber, of course—took the top spot.) So let's clear up a thing or 20. *EatingWell* gets to the bottom of all your questions, sorts myth from fact, explores the many (many!) health perks of fiber—and gives you easy ways to up your fiber game.



Use your a.m. meal as an opportunity to rack up some serious fiber—it takes the pressure off other meals

◀ **A cup each of pink grapefruit and shredded wheat delivers 10 grams.**

That knocks off more than a third of the 25g women need each day and a quarter of men's daily 38g.

THERE ARE TWO TYPES OF FIBER: SOLUBLE AND INSOLUBLE

“**Soluble fiber** absorbs water and bulks up in your stomach, which promotes a feeling of fullness. It's also the type that acts like a sponge on cholesterol,” says Zuckerbrot. Good sources of soluble fiber include beans and lentils, as well as carrots, oatmeal, apples and citrus fruits.

“**Insoluble fiber** is like nature's broom. It helps speed up the passage of waste through your digestive tract and reduces the risk of colon cancer and other diseases,” she adds. “It's often referred to as ‘roughage’ because it comes from the woody, or structural, part of plants, such as broccoli stems, the outer kernel of corn, wheat and whole-grain cereals—as well as the skin and seeds of fruits and vegetables.”

You need both types of fiber in your diet, but experts say you don't need to worry about how many grams of each you get. Most fiber-rich foods contain some of both, anyway. As long as you eat plenty of vegetables, fruits, beans and whole grains that are high in *total* fiber, you'll get the benefits of both.

And that's where reading labels comes

in. Food manufacturers add all sorts of enticing labels to products—like “Whole grain!” and “Good source of fiber!”—but that doesn't necessarily mean they're the fiber powerhouses you're hoping for. Here's the deal: In order to be “high fiber” a food must contain at least 5 grams per serving (20 percent of the daily value) as required by the FDA. If it has between 2.5 and 4.9 grams a serving, it can be labeled as a “good source of fiber.” And if it has at least 2.5 grams of *added* fiber (see “Are Manufactured Fibers as Good for You as Natural?” on page 106), the food can boast “more fiber” or “added fiber.”

Products labeled “whole grain” can also lull you into a false sense of fiber-richness. “Whole grain means you're getting all three parts of the grain—including the bran, which is where the fiber is—so it's definitely more nutritious, but it does not guarantee that it's high in fiber,” says Vandana Sheth, R.D.N., C.D.E., a spokesperson for the Academy of Nutrition and Dietetics. You'll have to look for the actual grams of fiber to know for sure.

Fiber 101 Welcome to your primer on everything from how much you need to what all those terms—soluble, insoluble, high-fiber, whole grain—actually mean.

First, the basics: The Institute of Medicine recommends that women get 25 grams of fiber a day—minimum—and men should shoot for at least 38 grams. Those numbers are based on research linking that amount with a reduced risk of heart disease and diabetes. “Because the body doesn't break down fiber, it won't increase blood sugar levels—which can help prevent and even manage diabetes,” says Tanya Zuckerbrot, R.D., author of *The F-Factor Diet*. For your heart: “It absorbs ‘bad’ LDL cholesterol and ushers it out of the body.” And a fiber-rich diet can prevent a whole host of other health conditions, plus facilitate weight loss.

GREAT THINGS THAT

When do you think of fiber as exciting?

Get Your Daily Fiber Fix Here

The average American gets a measly 17 grams of fiber a day. And “most of it comes from pizza crust and pasta noodles—which are low in fiber, but because we eat so much of them, it adds up,” notes Wendy Dahl, Ph.D., R.D., an associate professor of food science and human nutrition at the University of Florida. Not exactly the healthiest choices. Meanwhile, better-for-you foods that are loaded with fiber—like beans, peas and lentils—make up only 6 percent of our diets. “We need to eat more beans,” she says. Time to up the ante! Here’s a 1-day snapshot of how to bump up to at least 25 (for women) and 38 (for men) grams, without having to eat an entire crisper drawer of produce.

TO GET AT LEAST 25 GRAMS:

BREAKFAST
1 cup oatmeal
and 1 cup
blackberries:
12 g fiber

LUNCH
Sandwich on 100%
whole-wheat
bread with sliced
chicken breast*,
lettuce, tomato and
¼ avocado:
8 g fiber

SNACK
2 dried figs:
2 g fiber

DINNER
½ cup cooked
quinoa, piece of
grilled fish* and
½ cup cooked
chard:
5 g fiber

DAILY TOTAL:
27 grams fiber

TO GET AT LEAST 38 GRAMS:

BREAKFAST
1 cup bran
flakes and ½
cup raspberries:
11 g fiber

LUNCH
1 cup black
bean soup, and
1 whole-wheat
tortilla, heated:
11 g fiber

SNACK
¼ cup peanuts:
3 g fiber

DINNER
1 medium baked
potato (with skin),
piece of grilled
chicken* and 2 cups
roasted broccoli:
14 g fiber

DAILY TOTAL:
39 grams fiber

You'll lose weight— even if increasing your fiber intake is the *only* dietary change you make. Dieters who were told to get at least 30 grams of fiber a day, but given no other dietary parameters, lost a significant amount of weight, found a recent study in the *Annals of Internal Medicine*. In fact, they lost nearly as much as a group put on a much more complex diet that required limiting calories, fat, sugar and salt and upping fruit, veggie and whole-grain consumption. Fiber-rich foods not only fill you up faster and keep you satisfied longer, they also prevent your body from absorbing some of the calories in the foods

you eat. “Fiber binds with fat and sugar molecules as they travel through your digestive tract, which reduces the number of calories you actually get,” explains Zuckerbrot. Another study found that people who doubled their fiber intake to the recommended amount knocked off between 90 and 130 calories from their daily intake—that’s equal to a 9- to 13-pound weight loss over the course of a year.

2 Maintain a healthier weight over time. Yep, it can also help you avoid putting pounds back on. People who got more fiber tended to be leaner overall—while those who were obese got

an average of almost 1 gram a day less fiber than normal-weight participants, according to a study at the Medical University of South Carolina. And recent research at Georgia State University found that mice put on diets lacking in fiber—specifically soluble fiber—gained weight and had more body fat compared to those who weren’t deficient. What’s more, mice given adequate soluble fiber resisted fat gain—even when put on a high-fat diet.

3 Cut your type 2 diabetes risk. It’s a well-established fact. A recent analysis of 19 studies, for example, found that people who ate



*Feel free to sub in your protein of choice— you’re not getting any fiber from it

WILL HAPPEN IF YOU MEET YOUR FIBER GOAL

Yeah, that would be never. But this research will help change your mind.

the most fiber—more than 26 grams a day—lowered their odds of the disease by 18 percent, compared to those who consumed the least (less than 19 grams daily). The researchers believe that it's fiber's one-two punch of keeping blood sugar levels steady and keeping you at a healthy weight that may help stave off the development of diabetes.

Lower your odds of heart disease.

For every 7 grams of fiber eaten daily, your risk of heart disease drops by 9 percent, found a review of 22 studies published in the *BMJ*. That's partly due to fiber's ability to sop up excess cholesterol in

your system and ferry it out before it can clog your arteries.

5 Have healthier gut bacteria. The good bugs that make up your microbiome feed off fiber—and flourish. As your gut bacteria gobble up fiber that has fermented in your G.I. tract (delish), they produce short-chain fatty acids that have a host of benefits—including lowering systemic inflammation, which has been linked to obesity and nearly every major chronic health problem. A recent Italian study found that eating a high-fiber Mediterranean diet was associated with higher levels of short-chain fatty

acids. “And you can start to see the changes in gut bacteria within just a few days,” says Kelly Swanson, Ph.D., a professor of nutritional sciences at the University of Illinois at Urbana-Champaign. The catch: You’ve got to consistently get enough grams—ideally every day, if not most days of the week—to keep getting the benefits. Skimping on fiber shifts bacteria populations in a way that increases inflammation in the body.

6 Reduce your risk of certain cancers.

Every 10 grams of fiber you eat is associated with a 10 percent reduced risk of colorectal cancer and

a 5 percent fall in breast cancer risk, says a study published in the *Annals of Oncology*. In addition to the anti-cancer effects of fiber, the foods that contain it—like veggies and fruits—are also rich in antioxidants and phytochemicals that could further reduce your odds, notes Sheth.

7 Live longer, period.

Researchers at the Harvard School of Public Health recently found that people who often ate fiber-rich cereals and whole grains had a 19 and 17 percent, respectively, reduced risk of death—from any cause—compared to those who noshed on less fiber-heavy fare.

8 Be more, well, regular. Snicker all you like, but “constipation is one of the most common G.I. complaints in the United States,” says Zuckerbrot. And you don’t need us to tell you it’s no fun. Fiber makes your poop softer and bulkier—both of which speed its passage from your body.

9 Get an all-natural detox.

Who needs a juice cleanse? Fiber naturally scrubs and promotes the elimination of toxins from your G.I. tract. Explains Zuckerbrot: “Soluble fiber soaks up potentially harmful compounds, such as excess estrogen and unhealthy fats, before

they can be absorbed by the body.” And, she adds, because insoluble fiber makes things move along more quickly, it limits the amount of time that chemicals like BPA, mercury and pesticides stay in your system. The faster they go through you, the less chance they have to cause harm.

10 Have healthier bones. Some types of soluble fiber—dubbed “prebiotics” and found in asparagus, leeks, soybeans, wheat and oats—have been shown to increase the bioavailability of minerals like calcium in the foods you eat, which may help maintain bone density.



PEANUTS
12 GRAMS/CUP

ARTICHOKE

7 GRAMS/CUP



A word of caution: Don't go all in, all at once, if your current diet is pretty low in fiber. You could end up with unpleasant G.I. issues and stomach cramps. "Up your intake by about 5 grams a day. And drink plenty of water—fiber needs it to move things along in your system," says Sheth.

Easy Food Swaps to Make Right Now

SWAP

Your bottled green juice

For this!

A homemade green smoothie that still contains the fiber-rich fruit and vegetable pulp upwards of 13 grams of it. (Check out recipes on eatingwell.com.)

SWAP

The granola on your yogurt

For this!

A couple tablespoons of chia seeds. You still get the crunch, plus 10 grams of fiber; the same amount of granola has 1 gram.

SWAP

The apple you usually snack on

For this!

Raspberries. With 8 grams per cup, they're among the most fiber-rich fruits—even compared to apples, which have *half* that amount.

SWAP

Your chicken soup

For this!

Veggie chili loaded with beans. A ½ cup of beans serves up between 6 and 8 grams of fiber (chicken has none) and they're a good source of lean protein and phytonutrients.

SWAP

White pasta

For this!

Whole-wheat pasta. It may seem obvious, but did you know one serving—depending on the brand—can have *triple* the fiber of white pasta?

SWAP

Brown rice

For this!

Quinoa. Surprisingly, ½ cup of brown rice only nets you 1 gram of fiber. Quinoa has 3—and can easily stand in anywhere you'd use rice.

(continued on page 106)



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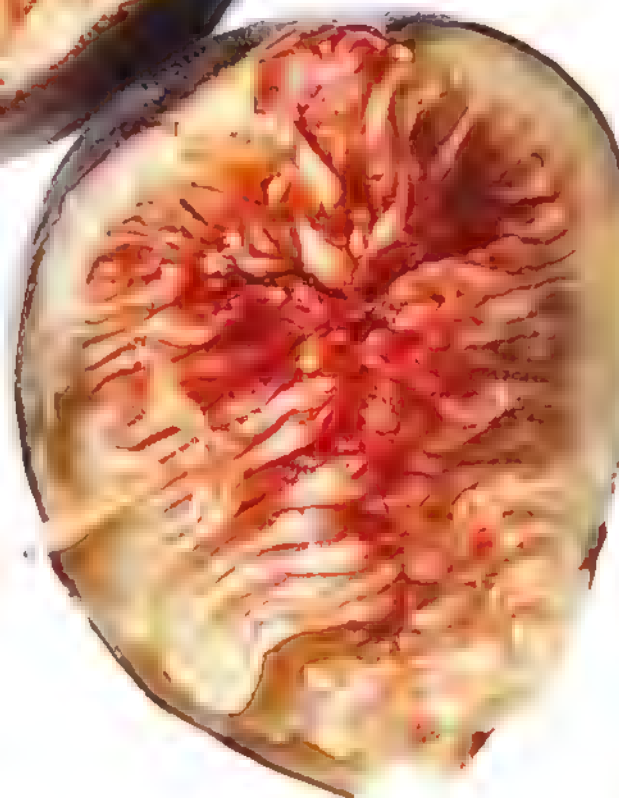




Are Manufactured Fibers as Good for You as Natural?

These “functional fibers” are being added to *everything* these days—cereals, tortillas, energy bars, even yogurt and juice. They are either made by extracting fiber from another food or are created in a lab; if you spot one of the following words on an ingredients list, some or all of the fiber in that food is manufactured: **cellulose, guar gum, inulin (aka chicory root fiber), lignin, cellulose, maltodextrin, oligo-fructose, polydextrose, psyllium, corn fiber and corn dextrin, wheat dextrin.**

Some functional fibers appear to have the same effect as naturally occurring fiber when it comes to keeping you regular—whether we’re talking about a supplement like Metamucil or pea hull fiber, for example, which works about the same as wheat bran. As for long-term health benefits? There’s not a lot of research on them yet, but Dahl notes that some functional fibers have been shown to lower blood sugar and cholesterol—which could reduce your risk of heart disease and diabetes. And a recent study led by Kelly Swanson, Ph.D., of the University of Illinois at Urbana-Champaign found that two different types of manufactured fiber—polydextrose and soluble corn fiber—had a positive effect on gut bacteria, promoting a healthy microbiome in the same way as actual fiber and reducing inflammation. (Each type of functional fiber was given to supplement the diets



of participants who had only been getting around 14 grams of fiber a day.) “The shift in good bacteria ratios we saw is also the same one that’s been associated with weight loss,” adds Swanson.

But many experts caution against leaning on functional fibers too heavily. For starters, they are often added to make a nutritionally bleak, processed food appear healthier. “And whole foods like raspberries and broccoli contain vitamins, minerals and antioxidants that work alongside fiber to help reduce disease risk,” says Zuckerbrot. She recommends thinking of functional fibers like taking a daily multivitamin—they’re a safety net, not the main way to get fiber in your diet.

How Much Fiber Is in There, Anyway?

Take a look at this list of fiber-rich foods. Notice anything striking? Like the fact that many of the fruits and veggies we think of as “high fiber” are actually pretty low on the fiber scale. Many don’t even make this list. “Clients often say, ‘I have a salad every day—I get plenty of fiber.’ But the truth is that relying on veggies alone is not going to cut it if you’re trying to get 25 or more grams a day,” says Sheth. A cup of raw kale or other dark leafy greens, for example, has less than 1 gram. Load up on the right stuff, though (think: peas, legumes, beans), as well as fiber-rich whole grains, and getting your daily dose is totally doable.

GRAMS OF FIBER PER CUP

- 17 Black beans, canned
- 16 Lentils, cooked
- 16 Split peas, cooked
- 13 Navy beans, canned
- 13 White beans, canned
- 12 Peanuts
- 12 Dried plums
- 11 Kidney beans, canned
- 10 Artichoke hearts
- 8 Edamame, shelled
- 8 Green peas
- 8 Raspberries/blackberries
- 7 Bran flakes
- 7 Sweet potato
- 6 Barley
- 5 Broccoli, cooked
- 5 Pear
- 4 Blueberries
- 4 Brussels sprouts
- 4 Carrots
- 4 Green beans, cooked
- 4 Oatmeal, cooked
- 4 Orange
- 3 Apple
- 3 Beets
- 3 Cauliflower, cooked
- 3 Corn
- 3 Potato
- 2 Asparagus
- 2 Celery
- 1 Leek, cooked

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2 GRAMS/
LARGE

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Makes about 2 cups or 16 oz. (1-2 servings)

Combine all ingredients, blend until smooth:

10-12 frozen strawberries

1 small or medium raw red beet

2 tbsp. Udo's Choice 3-6-9 Oil Blend

A handful of goji berries (optional)

½ medium lemon (preferably Meyer), juiced

1 tsp. fresh ginger, minced or finely grated

½ cup of cold water

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SMARTS FROM OUR TEST KITCHEN

morsels

As you stroll your farmers' market this spring, be sure to pick up some rich, creamy fava beans. Slip them from their skins (see how on page 116) and lightly sauté in olive oil with a pinch of salt. Or see our recipe for favas, fresh peas and escarole on page 34.

INSIDE

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Butter with Culture

Riding the boom of artisan breads and hand-crafted crackers, along comes cultured butter. With its ultra-creamy texture and delightfully nutty tang, cultured butter takes cues from traditional butter-making before pasteurization: cream was soured by letting it sit at room temperature before churning. In the modern version, the cream is soured with added live cultures (like those in yogurt). An extended churning time yields a product with a lower moisture content and higher butterfat than regular butter. (Each tablespoon has about 10 more calories and 1 extra gram of fat.) So, why go for this premium butter? Try a softened dab on a piece of baguette or melt it on a waffle and the taste may be all the reason you need. Look for our home-state favorite in your local market: Vermont Creamery European-Style Cultured Butter with Sea Salt Crystals (shown here). *Anne Treadwell*



All-Clad Classic Round Waffle Maker

Attention to detail and quality manufacturing includes everything from a smooth-action, 7-setting thermostat to heavy-duty cooking plates that yield perfectly crisped waffles. The audible "I'm done" beep sets this model apart from the rest.

\$130



Cuisinart Round Classic Waffle Maker

This best-of-the-basics model has a classic brushed-stainless-steel body, easy-to-store cord and a light that illuminates when it's heated. With its 5-setting thermostat, waffles were perfectly browned, but not quite as crispy as the All-Clad.

\$30

IT'S WAFFLE TIME

While testing our yeasted waffle recipe (see page 54—you gotta try it!) we put almost a dozen waffle irons through their paces to find our favorites. Though several Belgian-style makers—the ones that make thicker waffles with deeper syrup pockets—were included in our testing, these two classic-style models ended up on top.



THE ORGANIZER

Chalking It Up

THE STYLISH, OLD-SCHOOL WAY TO GET YOUR WEEKLY DINNER PLAN DONE

Hanging a chalkboard in your kitchen or pantry might be all it takes to help lift you out of the "what's for dinner?" doldrums and get your menu-planning on track. Set aside a little time on the weekend to plan dinners for the coming week, write your menu on the board and make a shopping list before heading out to the market. Then, when you come home each night, everyone will know what's for dinner—you included—and all the ingredients will be ready. (To download a shopping list for the week of dinners shown above, go to eatingwell.com/webextra.)

Stacy Fraser

Metal Industrial Chalkboard from Restoration Hardware (\$395)

I call this
the calm before
the shake.



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Have Soup, Will Travel

SNACK ON THIS

When Tio Gazpacho's chilled soups arrived in our Test Kitchen, the reaction was disbelief: How can they taste so fresh? The key to the delicious bottled gazpacho is certified organic ingredients plus high-tech production. The soups are preserved with high-pressure processing (HPP) instead of heat to seal in the ultra-fresh flavor (while still destroying any harmful bacteria). A perfect packable snack. Find them at some East Coast grocers and online at tiogazpacho.com. **The only caveat:** Each bottle delivers 650 mg of sodium (or more)—which is a little more than a quarter of your daily limit. *Lucy M. Casale*

SHOP SMART

Instant Oatmeal: Fast Morning Fuel

Busy mornings get a little easier when you can “just add water” and have breakfast ready in minutes. Instant oatmeal is filling, fast and has plenty of flavor variations to try, but not all of them live up to oatmeal's healthy reputation. Here's our advice to keep this quick breakfast healthy.

Julia Westbrook

KNOW YOUR FIBER

Some oatmeals (especially “high fiber” oatmeals) use guar gum to inflate their fiber number. Guar gum is a safe ingredient, but be aware that it only has soluble fiber, not both. (For more info on fiber, see page 100.)

BE A SODIUM SLEUTH

If you're eating a whole-grain breakfast with your health in mind, double check the sodium. Even if your bowl doesn't taste salty, some flavored instant oatmeals have more than 300 mg per serving.

DIY SUGAR

Keep added sugar in check by picking a plain or unsweetened variety and adding 1 to 2 teaspoons of your own sweetener. And check “lower sugar” labels—some manufacturers swap in sucralose (a non-nutritive sweetener) for sugar.

WATCH PACKET SIZES

Single-serve packets aren't standardized. Smaller packets could leave you hungry while heartier portions may go over a sensible sugar or sodium limit, but only because you're getting more food.

OUR FAVES

♥ Bob's Red Mill Gluten Free, Classic
♥ 365 Organic Instant, Original
♥ Umpqua Oats, Blueberry Apple
Not Guilty ♥ Trader Joe's Complete, Maple & Brown Sugar
♥ Bob's Red Mill Gluten Free, Blueberry and Hazelnut
♥ Kashi GoLean Hearty, Honey & Cinnamon

Numbers to Look For

Serving Size: ½ cup dry (42 g)

Amount Per Serving

Fiber ≥ 4 g

Sugar ≤ 9 g

Sodium ≤ 240 mg



LABEL WATCH

RITE. RISE. STALLINE CELLULOSE. CIUM PHOSPHATE. SOY FLOUR. CALCIUM

FOUND IN:

Commercial breads and baked goods, frozen pasta and pizza

WHAT YOU NEED TO KNOW:

Potassium bromate is used to make bromated flour, which strengthens dough and produces a higher rise and lighter color in baked goods. This additive is allowed by the FDA in tiny quantities (up to 75 ppm in relation to the flour). But it's banned in several countries and California requires it to bear a carcinogen warning label because it is linked to cancer in animals. In one study rats given potassium bromate in their water (20 ppm) developed cancer. A separate study found that 50-75 ppm of potassium bromate in bread fed to rats did not lead to cancer. This suggests that the baking process may convert the additive to a less harmful form.

BOTTOM LINE:

As with other ingredients used in minute quantities, it's unlikely that a person would consume enough to cause harm. While the Environmental Working Group lists almost 100 products that still contain this ingredient, it's pretty easy to avoid it if you check labels for “potassium bromate” or “bromated flour.” —A.T.



nly

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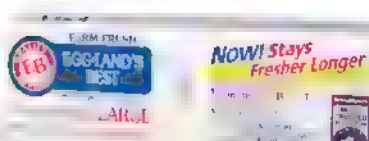


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1) Snap off the stem-end of the pod and then pull off the string to open it.



2) Pop the beans out of the pod by running your thumb down the inside.



3) Drop into boiling water for 30 seconds; transfer to a bowl of ice water

4) Remove "cap" at the top of each bean and slip the bean out of its waxy coating



TIPS & NOTES

Slivers of citrus zest (p. 70) add big "zest flavor" to dishes like stir-fries and cakes. To make zest slivers: peel wide strips of the skin from citrus fruit with a vegetable peeler, leaving the white pith behind. Cut the strips into long, thin slivers.

Soft peaks (left) are egg whites that are beaten until thickening but still soft enough to curl when beaters are turned upside down. For **stiff peaks** (right; p. 92), keep beating just until the whites are stiff and upright.

Sweet, flaky, white-fleshed **halibut** (p. 68) fillets come from this prehistoric-looking bottom-feeder. For sustainably caught halibut, look for U.S. wild-caught from the Pacific. Visit seafood-watch.org for more information.

Ancho chiles—dried poblano peppers—are one of the most popular dried chiles used in Mexico; **ancho chile powder** (p. 67) has a mild, sweet spicy flavor. Look for it with specialty spices in large supermarkets or Mexican grocers.

"Do I need both liquid and dry measuring cups?"

D. SMITH, QUEBEC

Ask Stacy



Since both can measure ingredients from as little as 1/4 cup to 1 cup (or more), many people wonder if they really need both types—especially when they have limited space.

Let's back up a touch and clarify the two types: liquid measures are glass or plastic with a pour spout and graduated measuring marks on the side. They come in 1-, 2-, 4- and even 8-cup sizes. Dry measures look like straight-sided cups with handles and usually come in a set (typically 1/4-, 1/3-, 1/2- and 1-cup sizes).

In our Test Kitchen, we religiously use liquid and dry measures for their intended purpose, depending on what we're measuring. Anything completely pourable (e.g., water, broth, milk) is measured in a liquid measure; anything we can scoop and level (e.g., flour, sugar, yogurt, peanut butter) is measured in the dry cups.

It's easier to measure liquids in a liquid cup because it has some headspace: you can pour in an entire cup of a liquid without it overflowing. Try moving a 1-cup dry measure that's full of milk and you'll have a big mess.

Accuracy comes into play when measuring dry ingredients. Put 1 cup of flour in a liquid measure and you can't tell if you have just 1 cup because it's hard to level the flour without packing it down. You'll likely end up with too much flour and dry baked goods.

So, for accuracy with less mess, make room for both types of measuring cups in your kitchen.

STACY FRASER
TEST KITCHEN MANAGER

Send your questions
to askus@eatingwell.com

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Turmeric Protein Smoothie

- 1 cup frozen or fresh pineapple
- 1/2 tbsp. fresh ginger
- 1/2 tbsp. ground turmeric
- 1 1/2 cups carrot juice
- Juice from 1/2 small lemon
- 1 serving **Purely Inspired® Organic Protein, French Vanilla**

Blend ingredients until creamy and smooth. Add more carrot juice if needed. Scoop down sides as needed. Garnish with pineapple and turmeric if desired.

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All Juiced Up

Philip Wong and Ann Yang are fighting food waste, one bottle of juice at a time. By Lori Miller Kase

WHO THEY ARE

Philip Wong has always been concerned about the environment, but a stint in Senegal heightened his awareness of the impact of food waste. "It's a much more visceral issue there—you can see and smell the waste on the street," he recalls. Back home, Wong was appalled to learn that an estimated 6 billion pounds of produce goes to waste each year, much of it because it doesn't meet U.S. consumers' high aesthetic standards. Wong joined forces with Ann Yang, who became aware of food waste while studying food systems at Georgetown University, to turn the waste into a tangible product.

WHAT THEY'RE DOING

Wong and Yang set out to combat "produce prejudice" by creating cold-pressed juices from ugly fruits and vegetables at Misfit Juicery. "We are exploring the gap between what people think their food should look like and what good food actually can and does look like," says Wong. Farmers send curly cucumbers, twisted carrots and dimpled apples to the juicery instead of the landfill (where they would rot and become a significant source of methane gas, which contributes to global warming). Today, the entrepreneurs deliver almost 1,000 bottles of juice, with flavors like Pear/Cucumber/Spinach/Lemon and Apple/Lemon/Mint, every week to farmers' markets, coffee shops and food stores in the D.C. metropolitan area.

WHY IT'S COOL

In their first year alone, they diverted 14,000 pounds of produce from the landfill. Nearly 80 percent of the produce is rescued from the waste pile—either "ugly" or scraps from fresh-cut products like carrot sticks. The duo hired their three employees from DC Central Kitchen and Jubilee Jobs, two local non-profits that help train individuals who face barriers to employment. Misfit Juicery also features work from local artists on its labels.



Find out where to buy their juices at misfitjuicery.co



KATE WALLEN

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